

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | CLASS INTENSITY LEVELS |
|--|---------------------------|---------------------------|---------------------------|---------------------------|----------|--------|--|
| STUDIO CLASSES | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| 18.00 - 19.00 B&B | | | | | | | PILATES / YOGA / AQUA FIT / PARACISE / WALK FIT |
| | | | 19.00 - 20.00 CIRCUITS | 19.00 - 20.00 CIRCUITS | | | ↓ |
| | | | | | | | BARBELL & BODYWEIGHT (B&B) / FITSTEPS / ZUMBA / BODY FUSION / STRENGTH & CONDITIONING (S&C) |
| SWIMMING POOL | | | | | | | |
| | | | | | | | |
| | 11.15 - 11.45 AQUA FIT | 11.15 - 11.45 AQUA FIT | | | | | |
| | 12.00 - 12.30 AQUA FIT | 12.00 - 12.30 AQUA FIT | | | | | |
| | | | | | | | ↓ |
| SQUASH & TENNIS | | | | | | | |
| <p>We are currently using two of our squash courts to space out our gym equipment.</p> <p>If you wish to use the courts to play squash or tennis, please pre-book your session through our members platform.</p> | | | | | | | HARRY'S BLAST / HIGH INTENSITY INTERNAL TRAINING (HIIT) / CIRCUITS / BOOTCAMP |

Please pre-book your class on our website, prior to your arrival. To use the swimming pool or fitness facilities you will also need to pre-book.

For further information, please call 01603 759741 or email theedge@barnham-broom.co.uk | Main pool closed during Aqua Fit classes | Classes are only available to members and are bookable two weeks in advance | No back-to-back bookings of the same class permitted | Find out more at www.barnham-broom.co.uk/fitness