

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	AVAILABLE FROM 5TH JAN
STUDIO CLASSES							
10.00 - 10.45 YOGA			10.00 - 10.45 FITSTEPS	10.00 - 10.45 YOGA			CLASS INTENSITY LEVELS
11.00 - 11.45 YOGA			11:00 - 11.45 FITSTEPS	11.00 - 11.45 YOGA			
	12.45 - 13.30 WALKFIT	12.45 - 13.30 PARACISE					YOGA / AQUA FIT / PARACISE / WALK FIT
	13.45 - 14.30 WALKFIT	13.45 - 14.30 PARACISE					
18.00 - 19.00 B&B							
	19.00 - 20.00 RESISTANCE TRAINING		19.00 - 20.00 CIRCUITS				↓ BARBELL & BODYWEIGHT (B&B) / FITSTEPS / ZUMBA / RESISTANCE TRAINING
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					
							↓ CIRCUITS
OUTDOOR CLASSES, SQUASH & TENNIS							

We are currently using two of our squash courts to space out our gym equipment.

If you wish to use the courts to play squash or tennis, please pre-book your session through our members platform.

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 four weeks in advance | No back-to-back bookings of the same class permitted | Find out more at www.barnham-broom.co.uk/fitness