

Class Timetable

Mercer Hall & Bank Mill Centre

**BM = Bank Mill | MHLC = Mercer Hall Leisure Centre*

Monday

5:30pm	Step & Tone	60 mins	MHLC	June
6:30pm	Dance Fitness	60 mins	BM	Kathryn
7:30pm	Pilates	60 mins	BM	Kathryn

Tuesday

9:30am	Low Impact Aerobics	45 mins	MHLC	Laura
10:15am	Zumba	60 mins	MHLC	Laura
5:30pm	Pump	60 mins	MHLC	Gully
6:30pm	Fitness Yoga	60 mins	MHLC	Gully

Wednesday

9:30am	Fitness Yoga	60 mins	MHLC	Gully
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Friday

9:30am	Low Impact Aerobics	45 mins	MHLC	Laura
10:15am	Zumba	60 mins	MHLC	Laura

All information is correct at the time of going to print. Classes are subject to change and / or cancellation.

Due to popularity and high demand, we advise that all classes are pre-booked. A minimum of 48 hours cancellation notice is required on all pre-booked classes. The programme may vary during school holidays.

Customers are advised to ask at reception for further details. Customers attending classes must bring and use their own mat. To comply with health and safety regulations, there can be no admission permitted once a class has begun.

