












AXHOLME FITNESS

Class Timetable

Day	Class Type	Class Time	Location
Monday	 Zumba Fitness	09.30 – 10.15	Belton Pavilion Off High Street, Belton
Monday	 Strength & Conditioning	10.30 – 11.15	Belton Pavilion Off High Street, Belton
Monday	 Cardio for All	11.45 – 12.30	Imperial Hall Chapel Street, Epworth
Tuesday	 Zumba Gold	10.00 – 10.45	Belton Pavilion Off High Street, Belton
Tuesday	 Legs, Bums & Tums	18.30 – 19.15	Crowle Community Hall Woodlands Ave, Crowle
Tuesday	 Zumba Fitness	19.30 – 20.15	Crowle Community Hall Woodlands Ave, Crowle
Wednesday	 Stretch & Relax	09.30 – 10.15	Belton Pavilion, Off High Street, Belton <i>Park in the bottom car park off Jeffrey Lane</i>
Wednesday	 Fitness Al Fresco Strength & Conditioning	10.30 – 11.15	Belton Pavilion, Off High Street, Belton <i>Park in the bottom car park off Jeffrey Lane</i>
Thursday	 Zumba Gold	09.30 – 10.15	Crowle Community Hall, Woodlands Ave, Crowle
Thursday	 Step Aerobics	10.30 – 11.15	Crowle Community Hall Woodlands Ave, Crowle
Friday	 Zumba Fitness	09.30 – 10.15	Belton Pavilion Off High Street, Belton

ALL CLASSES ARE PAY AS YOU GO
£4.25 per class

You will require weights for the Strength & Conditioning classes and mats for Legs, Bums and Tums and Stretch & Relax classes.

For more information please contact Rae Cowling on 07887 503318