



# LADIES CLASSES HELD DAILY

## MONDAY

Class 1	Monday Circuits	Morning	9:45am - 10:30am	Instructor Shabana
Class 2	Box-Fit	Evening	5 pm - 6 pm	Instructor Azra

## TUESDAY

Class 1	Step/Tone	Morning	9:45am - 11 am	Instructor Azra
Class 2	Yoga/Pilates	Evening	5 pm - 6 pm	Instructor Shabana
Class 3	Step	Evening	6 pm - 7 pm	Instructor Abby

## WEDNESDAY

Class 1	Aerobics	Morning	9:45am - 11 am	Instructor Azra
Class 2	Spin Class	Evening	5:00pm - 6:00pm	Instructor Suraya

## THURSDAY

Class 1	Yoga/Pilates	Morning	9:45am - 10:45am	Instructor Shabana
Class 2	Step/Toning	Evening	5 pm - 6 pm	Instructor Azra

## FRIDAY

Class 1	Circuit	Morning	9:30am - 10:30am	Instructor Shabana
Class 2	Total Body Workout	Evening	6 pm - 7 pm	Instructor Abby

\*Please Note Class 3 are Private Classes. Charges may Apply  
Address: Gwendolen Road, Leicester, LE5 5FL