



BURSCOUGH WELLBEING & LEISURE HUB

CLASS TIMETABLE

JANUARY 2025



BOOK NOW

MON

Bootcamp: 9:30-10:30
Infusion: 10:45-11:30
Step & Tone: 17:15-18:00
Body Conditioning: 18:15-19:00
Pilates: 19:15-20:00

THU

Spin: 8:45-9:30
Abs & Tone: 9:45-10:30
HIIT: 17:15-18:00
LBT: 18:15-19:00
Yoga: 19:15-20:00

TUE

HIIT: 8:45-9:30
Infusion: 9:45-10:45
Step & Tone: 11:00-12:00
Body Conditioning: 18:00-19:00
Spin: 18:00-18:45
Yoga: 19:00-19:45

FRI

Pilates: 11:00-12:00

WED

Strength: 8:15-9:00
LBT: 9:30-10:30
Yoga: 10:45-11:30
LBT: 18:00-19:00
Stretch & Tone: 19:00-20:00

SAT

Body Conditioning: 9:00-9:45



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