



POWERED BY



K SPORTS FITNESS CLASS TIMETABLE

CLASSES COMMENCING 2 JULY

MONDAY

06.15 – 07.00	SPIN
10.00 – 10.30	K-POWER BLAST
12.30 – 13.00	K-POWER BLAST
19.30 – 20.00	K-POWER BLAST

TUESDAY

10.00 – 10.30	K-POWER BLAST
12.30 – 13.00	K-POWER BLAST
19.30 – 20.00	K-POWER BLAST

WEDNESDAY

06.15 – 07.00	SPIN
10.00 – 10.30	K-POWER BLAST
12.30 – 13.00	K-POWER BLAST
19.30 – 20.00	K-POWER BLAST

THURSDAY

10.00 – 10.30	K-POWER BLAST
12.30 – 13.00	K-POWER BLAST
19.30 – 20.00	K-POWER BLAST

FRIDAY

06.15 – 07.00	SPIN
10.00 – 10.30	K-POWER BLAST
12.30 – 13.00	K-POWER BLAST
19.30 – 20.00	K-POWER BLAST

SATURDAY

10.00 – 10.30	K-POWER BLAST
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SUNDAY

10.00 – 10.30	K-POWER BLAST
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- K-POWER BLAST sessions take place on our gym floor
- SPIN sessions will take place in our squash court



VISIT www.ksports.co.uk OR CALL **0844 880 0048** FOR MORE INFORMATION AND TO BOOK YOUR FIRST CLASS. MEMBERS ONLY.