

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPINNING studio cycling All Levels 9.15 - 10.00am	Body Blitz Intermediate 9.15 - 10.00am	Ultimate Tone All Levels 9.15 - 10.00am	HITT High Intensity Interval Training Intermediate 9.15 - 10.00am	SPINNING studio cycling All Levels 9.15 - 10.00am	SPINNING studio cycling All Levels 9.00 - 9.45am	metafit BODYWEIGHT TRAINING Intermediate 10.00 - 10.45am
pump & tone All Levels 10.00 - 10.45am	Active Plus (55+) 20-20-20 All Levels 10.00 - 11.00am	Stretch & Tone All Levels 10.00 - 11:00am	Active Plus (55+) 20-20-20 All Levels 10.00 - 11.00am	pump & tone All Levels 10.00 - 10.45am	pump & tone All Levels 9.45 - 10.30am	Opening Times: Mon: 7am-10:30pm Tue: 9am-10:30pm Wed: 7am-10:30pm Thur: 9am-10:30pm Fri: 7am-9pm Sat: 8am-6pm Sun: 9am-4pm
Power Boxing All Levels 6.15 - 7.00pm	Stretch & Tone All Levels 6.15 - 7.00pm	Step Aerobics Int/Advanced 6.15 - 7.00pm	Yoga from 12 Jan (term time only) All Levels 11.00 - 12.00pm <small>TRIAL CLASS</small>	Stretch & Tone All Levels 10.45 - 11.30am	ZUMBA FITNESS All Levels 10.30 - 11.30am	
Stretch & Tone (on the ball) All Levels 7.00 - 8.00pm	ZUMBA FITNESS All Levels 7.00 - 8.00pm	pump & tone All Levels 7.00 - 7.45pm * 5 minute class changeover	Ultimate Tone All Levels 6.15 - 7.00pm	Be social...  Uplands_gym  Uplands Sports Centre	FREE ONE DAY PASS See website	
SPINNING studio cycling All Levels 8.00 - 8.45pm <small>NEW CLASS</small>	SPINNING studio cycling All Levels 8.00 - 8.45pm <small>NEW TIME</small>	SPINNING studio cycling All Levels 7.50 - 8.35pm	Yoga (term time only) All Levels 7.00 - 7.45pm	 Cardio  Tone  Holistic FREE hot drink after each class	Gold Members Unlimited gym use and all classes included on this timetable	Casual Members £30 joining fee (includes induction) £5.50 per class or gym session, £50 for a book of 10 sessions (concession rates available)
metafit BODYWEIGHT TRAINING Intermediate 8.00 - 8.45pm <small>SP2</small>	INSANITY All Levels 8.00 - 8.45pm <small>SP2</small>	metafit BODYWEIGHT TRAINING Intermediate 8.35 - 9.05pm	INSANITY All Levels 7.00 - 7.45pm <small>SP2</small>	Non-members £7.50 per class or gym session or £10 for a day pass* (includes all gym use and classes that day)	Telephone: 01892 782136	
SPINNING studio cycling All Levels 7.45 - 8.30pm			SPINNING studio cycling All Levels 7.45 - 8.30pm	SP2 - Sports Hall 2 Uplands Sports Centre Lower High Street, Wadhurst, East Sussex, TN5 6BA Email: admin@uplandssportscentre.co.uk		