



Seascale Community Fitness Centre class timetable

Monday		
10:00-10:45	GP Referral class	Beginner's level
11.15-12.00	GP Referral class	
14:00-15.00	Fitness class	Inter & Adv level
17:30-18:30	Bodyweight workout	Inter & adv level

Tuesday		
16:30-17:00	HITT class	Inter & adv level
17:30-18:00	Core workout	Inter & adv level

Wednesday		
10:00-10:45	GP Referral class	Beginner's level
11.15-12.00	GP Referral class	Beginner's level
14:00-15.00	Fitness class	Inter & Adv level
17:30-18:00	HITT	Inter & Adv level

Thursday		
10:00-11:00	General fitness workout	Intermediate & advanced level
17:30-18:30	Kettlebells and boxercise	Intermediate & advanced level

Friday		
10:00-11.00	General Keep fit	Intermediate level & Adv

Saturday		
10:00-11.00	General fitness workout	Intermediate & advanced level