Health and Fitness Classes

At Platt Lane

Monday	Les Mills SH'BAM 9:30am – 10:15am			Leg Attack 6:00pm - 6:45pm	Spin (Int) 7:00pm – 7.45pm	Boot Camp 8:00pm – 8:45pm
Tuesday	Boot Camp 9:30am – 10:30am	Group Gym PT 12.45pm – 1.45pm	Spin (Adv) 5:30pm – 6.15pm	Train Insane 6:15pm – 7:00pm	Les Mills SH'BAM 7:15pm – 8:00pm	Les Mills Body Pump 8:00pm – 9.00pm
Wednesday	Box Fit 9:30am – 10:30am		Legs and Abs 5:30pm – 6:00pm	Zumba *(Lounge) 6:00pm – 7:00pm	Strength Circuit (women only) 6:00pm – 7:00pm	Spin (Int) 7:15pm – 8:00pm
Thursday	Boot Camp 9:30am – 10:30am	Group Gym PT 12.45pm – 1.45pm		Les Mills Body Pump 5:15pm – 6:15pm	Les Mills SH'BAM 6:15pm – 7:00pm	Spin (Beg) 7:15pm – 8:00pm
Friday	Les Mills Body Pump 9:30am – 10:30am			Train Insane 6:15pm – 7:00pm	Spin (Adv) 7:00pm – 7:45pm	
Saturday	Spin (Int) 10.00am – 10.45am					
Sunday	Spin (Adv) 10:30am – 11:00am		Sunday Circuit 1:00pm – 2:00pm			

***£5.00 fee for this class**

New timetable from 3rd October

@plattlanemmu @plattlanemmu

For more class information head to **mmu.ac.uk/plattlane**