

FITNESS CLASSES

STEWARTON SPORTS CENTRE

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Monday	Tuesday	Wednesday	Thursday	Friday
10am-11am Pedal Power with Lynsey				10am-11am Pedal Power and Circuits with Lynsey
7.15pm-8.15pm Pedal Power with Fiona		5.30pm-6.30pm Circuits with Chris	5.45-6.15pm Metafit with Michael	5.30pm-6.30pm Strength and Flex with Eilidh
8.15pm-9.15pm Pedal Power and Abs with Fiona		6.30pm-7.30pm Pedal Power with Jenna	6.15pm-6.45pm H.I.T.T. with Michael	
		7.30pm-8.30pm Pedal Power with Jenna	7pm-8pm Pedal Power and Kettlebells with Martin	



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