

Station Sports Centre

Fitness & Exercise Class Programme

Monday 1st - Sunday 7th January

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE

Please note: we are CLOSED on New Year's Day | On Friday 5th January we are closed from 7pm for our annual staff party.

	MONDAY 1 st		TUESDAY 2 nd		WEDNESDAY 3 rd		THURSDAY 4 th		FRIDAY 5 th		SATURDAY 6 th		SUNDAY 7 th															
	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym														
Kettlebells A workout with Kettlebells and body weight exercises in a small class setting. Slow grind Kettlebell lifts are meant to increase total body strength, muscular strength and stamina, as well as a focus like no other exercise.	NEW YEAR'S DAY CLOSED														6am													
Cycle Cycle is a high intensity exercise class on a stationary bike. It combines cardio and endurance in a 45 minute calorie crunching session!																												7am
Sure Start Sure Start is for 0-5 years. This is a soft play session that takes place from 1-2pm every Thursday!																												8am
Football Session Fancy a Friday Football session? We have 2 different age groups for you to start perfecting your skills! (5-9yrs and 9-13yrs)																												9am
Walking Group Make friends, as you walk and keep fit - all at your own pace. Suitable for all abilities.																												10am
Adult Multi Sports Various sports such as badminton, table-tennis, sports wall, basketball and new age curling!																												11am
																												12pm
																												1pm
																												2pm
														3pm														
														4pm														
														5pm														
														6pm														
														7pm														
														8pm														
														9pm														

Please note:
Our Programme is subject to change at the discretion of our Duty Manager.
Unfortunately, this is often for reasons beyond our control.
Thank you for all of your support and understanding!

Stay up to date!
Download our App for free from your App Store!

