



# Fitness Classes



## MONDAY

Fitness Circuits 12:30 – 1:30pm	Zumba 6:00 – 7:00pm	Krunch & Kore 6:15 – 6:45pm	Group Cycling 7:00 – 7:45pm
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## TUESDAY

Krunch & Kore 12:15 – 12:45pm	Smash H.I.T 5:30 – 6:00pm	Sweat To The Beat 6:00 – 7:00pm	Boxercise 7:00 – 8:00pm
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## WEDNESDAY

Group Cycling 12:15 – 1:00pm	Zumba 6:00 – 7:00pm	Group Cycling 6:15 – 7:00pm	Bootcamp Circuits 7:30 – 8:30pm
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## THURSDAY

50+ Fitness 11am - 12pm	Fitness Circuits 12:30 – 1:30pm	Hatha Yoga 6 – 7pm	Krunch & Kore 6:15 – 6:45pm	Group Cycling 7 – 7:45pm	Boxercise 7:15 – 8:15pm
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## FRIDAY

Group Cycling 12:15 – 1:00pm
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## SATURDAY

Zumba 11:30am – 12:30pm
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All classes are on a first come first served basis except \*Group Cycling – limited to 15 people, advanced booking available at reception

## SUNDAY

Yoga 10:00 – 11:00am	Bootcamp Circuits 11:30am – 12:30pm
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All classes subject to teacher availability

Kelsey Kerridge Sports Centre, Queen Anne Terrace, Cambridge, CB1 1NA

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[www.kelseykerridge.co.uk](http://www.kelseykerridge.co.uk)