

Monday

Time	Class	Studio
09.15	Begin to Spin	SPIN
09.30	CrossFit Elements	GYM
10.00	Boxing	SWEAT
10.15	Yoga Tone	STRETCH
17.30	CrossFit	GYM
17.30	Body Combat	SWEAT
18.30	CrossFit	GYM
18.30	Short Circuits	SWEAT
19.00	Spin	SPIN
19.30	Body Attack	SWEAT
19.30	Fit Yoga	STRETCH

Tuesday

Time	Class	Studio
09.00	Body Attack Xpress	SWEAT
09.45	Well Toned	SWEAT
17.45	Well Toned	SWEAT
18.00	CrossFit	GYM
18.30	Jump n Jam	SWEAT
18.30	CrossFit Foundation	GYM
19.00	CrossFit	GYM
19.30	Zumba	SWEAT
19.30	Vibe Cycle	SPIN
20.00	CrossFit Elements	GYM
20.00	Hatha Yoga (£)	STRETCH
20.30	Self Defence (£)	SWEAT

Wednesday

Time	Class	Studio
09.30	Jump n Jam	SWEAT
09.30	CrossFit Elements	GYM
10.30	Body Balance	STRETCH
17.30	Hard Core	SWEAT
18.00	CrossFit Foundation	GYM
18.00	CrossFit	GYM
18.00	Combat vs Attack	SWEAT
19.00	Spin (NEW)	SPIN
19.00	CrossFit	GYM
19.00	Pole Fitness (£) (NEW)	STRETCH
19.00	Well Pumped	SWEAT
20.00	Pole Fitness (£) (NEW)	STRETCH
20.00	Well Tuff Circuits	SWEAT

Thursday

Time	Class	Studio
08.30	Body Combat	SWEAT
09.30	Well Pumped	SWEAT
10.30	Zumba	SWEAT
18.00	Super Spin	SPIN
18.00	Body Balance	STRETCH
18.45	Hoops n Silks (£)	GYM
19.00	CrossFit Foundation	GYM
19.00	CrossFit Elements	GYM
19.00	Power Box	SWEAT
20.00	Body Combat	SWEAT
20.00	Crossfit	GYM

Friday

Time	Class	Studio
09.30	Body Attack Xpress	SWEAT
09.30	Six Pack Spin +15 mins Abs	SPIN
10.30	Bootcamp (4 weekly)	SWEAT
10.30	Friday Flexibility	STRETCH
14.00	Crossfit Skills	GYM
17.00	Xpress Well Pumped (45 minutes)	SWEAT
18.00	Spin us another Phat One	SPIN

Saturday

Time	Class	Studio
08.30	Saturday Circuits	SWEAT
09.00	Saturday Spin	SPIN
09.30	CrossFit	GYM
10.30	Bootcamp (4 weekly)	SWEAT

Sunday

Time	Class	Studio
09.00	Body Combat	SWEAT
10.00	CrossFit Catch Up WOD	GYM
10.45	Sunday Stretch	STRETCH

**NEW TIMETABLE STARTS
on the
3rd JANUARY 2012**

Information

Personal Instruction and Private Group Classes are available on request. All classes can be booked in advance by calling 01527 835978. Should you not be able to attend a class you have already booked, please ring reception to cancel your booking so other members can attend. Activities and scheduling may be subject to change.

Prices

We have created this new price structure to give our new and existing members the best possible value for their money and to continue to provide the best training facility in Bromsgrove.

GYM ONLY - £20 per month

Access the gym whenever you like throughout the month.

GYM & CLASSES - £35 per month

Enjoy our awesome classes for just £15 extra.

GUIDED MEMBERSHIP - £40 per month

Access to gym and classes, plus receive monthly advice from one of our trainers.

UNLIMITED CrossFit - £55 per month

You receive all the above, plus CrossFit/Fantastic functional training delivered in small classes.

UNLIMITED Crossfit Plus - £175 per month

Get that personal touch - receive 5 personal training sessions with a top trainer.

ADVANCED - £300 per month

Get that personal touch - receive 9 personal training sessions with a top trainer, along with everything else above.

ELITE - £550 per month

Lets get serious - 20 PT sessions per month plus all the above, if you can handle that!! CRAZY!

All the above rates are based on paying by Direct Debit, but there is still no contract. Minimum of three months.

We are launching our new £20 one month trial for our new customers to experience the greatness of Well-Fit.

**Thank you all for your valued custom,
and remember: This is Well-Fit,
You are Well-Fit, We are Well-Fit!!**