



CLASS TIMETABLE

Timetable can be subject to change so please contact us before attending and to check bike availability for indoor cycling.

MONDAY

CATFIELD VILLAGE HALL

18:15 - 19:00 INDOOR CYCLING

19:15 - 20:00 INDOOR CYCLING

TUESDAY

COLTISHALL VILLAGE HALL

18:00 - 18:45 BOXERCISE

19:00 - 20:00 CIRCUITS

SPIXWORTH VILLAGE HALL

18:30 - 19:15 INDOOR CYCLING

19:15 - 20:00 INDOOR CYCLING

WEDNESDAY

SPIXWORTH VILLAGE HALL

18:15 - 19:00 INDOOR CYCLING

THURSDAY

CATFIELD VILLAGE HALL

09:30 - 10:15 INDOOR CYCLING

18:15 - 19:00 INDOOR CYCLING

19:15 - 20:00 INDOOR CYCLING

VIBES HEALTH & FITNESS
CONTACT: 079 078 44433
OR 07928 585838

PAY AS YOU GO = £6 5 CLASS PASS = £26 10 CLASS PASS = £50

PERSONAL TRAINING & SMALL GROUP BESPOKE TRAINING ALSO AVAILABLE

