

GYM CLASS SCHEDULE

1-1
Personal Training
with Shell
07568457971

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 – 7.15 Reformer Pilates	9 – 10 Group PT	9 – 9.50 Group PT	9.15 – 10.15 Group PT	6.15 – 7.15 Reformer Pilates	8 – 9 Body Blitz With Daz ★	10 – 11 Reformer Pilates
9.15 – 10.15 Group PT	10.15 – 11.15 Reformer Pilates	10 – 11 Reformer Pilates	10.30 – 11.30 Reformer Pilates	8 – 9 Group PT	9 – 10 Reformer Pilates	11 – 12 Reformer Pilates
10.30 – 11.30 Reformer Pilates	4-5 Group PT	4 – 5 Reformer Pilates	4 – 5 Group PT	9 – 10 Group PT	10 – 11 ★ Boxercise	
11.30 – 12.30 Reformer Pilates	5 – 6 Reformer Pilates	5 – 6 Group PT	5 – 6 Reformer Pilates	10.15 – 11.15 Reformer Pilates	11.15 – 12.15 Reformer Pilates	
4 – 5 Group PT	6 – 7 ★ Kangoo fit	6 – 7 ★ Boxercise	5.45 – 6.30 ★ Cardio Blast With Claire	£50 Monthly Group PT 14 classes per week No booking needed No limit on group classes 2 pilates classes per week		
5 – 6 Group PT	6 – 7 Reformer Pilates with Liz	6 – 7 Reformer Pilates with Liz	6 – 7 Reformer Pilates			
6 – 7 ★ Bums & Tums	7 – 8 Reformer Pilates	7 – 8 Reformer Pilates	6.30 – 7.15 ★ Body Strength With Claire			
6 – 7 Reformer Pilates with Liz			7 – 8 Reformer Pilates			
7 – 8 Reformer Pilates				Pay As You Go £7 per stared class ★ £10 per pilates class		

Gym Opening Times

Monday
6am – 8pm

Tue – Thur
9am – 8pm

Friday
6am – 1pm

Saturday
8am – 2pm

Sunday
9am – 2pm

Key pad in operation
for further hours.



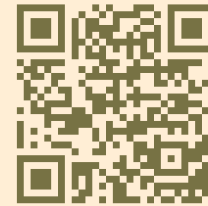
REFORMER PILATES

60

Minute sessions

22+

Class times available



Scan the QR to
book your class

£10

Per Session

£40

Block of 5 Sessions



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