

Simones Health Club
 27a Dyer Street,
 Cirencester, Glos. GL7 2PP.
 www.simones.co.uk
 E: info@simones.co.uk



Club Opening Times
 Mon, Wed & Fri 6:30am to 9pm
 Tues & Thurs 7:00am to 9pm
 Saturday 9am to 2pm
 Sunday 10am to 1pm

What classes can I go to?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 to 11:00 Zumba	11:15 to 12:15 Maximum Body Pump	10:00 to 11:00 Hatha Yoga	10:00 to 11:00 ZEST Pilates	10:00 to 11:00 Step and tone		10:00 to 11:30 Bootcamp outdoors *
11:00 to 12:00 Flexiballs	12:30 to 13:15 Just bikes (beginners)		11:30 to 12:30 Yummy Bunnys	12:00 to 12:30 Metabolic effect (ME)		
12:30 to 13:00 Metabolic Effect (ME)		13:15 to 13:45 Metabolic effect (ME)		12:30 to 13:30 Just Pilates	12:30 to 13:30 Boxing	
13:00 to 14:00 Arriba weightloss course						
18:00 to 19:00 Triple Challenge	17:45 to 18:15 Cardio blast	18:00 to 19:30 Bootcamp *	17:30 to 18:00 Metabolic effect (ME)			
19:00 to 20:00 Young Urban Street Dance	18:15 to 19:15 Body blast		18:00 to 19:00 Zumba			
20:00 to 21:00 Contemporary Dance	19:15 to 20:00 Spinning	20:00 to 21:00 Adults urban street dance	19:00 to 20:00 Pilates abs & stretch			

Included in membership or £5 for non-members

Not included in membership, £5 per class.

* Bootcamp - bookable 10 week course