

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



Club Opening Times
 Monday to Friday 7am to 9pm
 Saturday 9am to 2pm
 Sunday 10am to 1pm

Exercise Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 to 10:30 Pilates on the Ball	09:30 to 10:30 Yoga	10:00 to 11:00 Aerobics	10:00 to 11:00 Zest Pilates	10:00 to 11:00 Step, LT&B	09:30 to 10:30 Aerobics	
10:45 to 11:45 Dance Fit	10:30 to 11:30 Body MAX			12:30 to 13:30 Pilates on the mat		
	16:30 to 17:30 Teen Aerobics					
18:00 to 19:00 Circuits	18:15 to 19:15 Step with tone	18:15 to 19:15 Aerobics	18:00 to 19:00 Body Bar			
	19:15 to 20:00 Spinning bikes		19:00 to 20:00 Pilates			
<p>All classes are free to members Non-members £5 per class (Pilates £7.50)</p>						

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