



FRAMLINGHAM COLLEGE  
**SPORTS CENTRE**

All sessions are to be pre-booked.

This timetable is effective from Monday 27<sup>th</sup> September 2021 and could be subject to change in accordance with government guidelines.

# CLASS TIMETABLE

## Monday

### **SPIN**

18.30 - 19.15

## Tuesday

### **AQUA AEROBICS**

18.00 - 18.40

## Wednesday

### **SWIM FIT**

18.15 - 18.55

## Thursday

### **CIRCUITS**

07.20 - 07.50

### **PURE CORE**

08.00 - 08.45

### **AQUA CIRCUITS**

18.15 - 18.55



To book a place on a class, visit [framlinghamcollegesportscentre.co.uk](https://framlinghamcollegesportscentre.co.uk),  
email [sportscentre@framlinghamcollege.co.uk](mailto:sportscentre@framlinghamcollege.co.uk) or call **01728 727223**