

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:15am-7am</b> Box 'n' Bootcamp Robyn	<b>6am-6:30am</b> Spin Sam <b>6:30am-7am</b> Legs & Abs Blast Sam	<b>6am-6:30am</b> Insanity Sam <b>6:30am-7am</b> Power Pump Sam	<b>6:15am-6:45am</b> HIIT Step Connor <hr/> <b>7am-7:45am</b> Pilates* Connor	<b>6:15am-7am</b> Circuits Steve	<b>8:15am-9am</b> Spin Connor	<b>8am-9am</b> Body Bar Steve
<b>9:15am-9:45am</b> HIIT <b>9:50am-10:20am</b> Body Bar Robyn	<b>9:15am-10am</b> Step & Tone <b>10am-10:30am</b> HIIT Karen	<b>9:30am-10:15am</b> Zumba Karen	<b>9:15am-10am</b> Tabata Sarah <hr/> <b>10am-10:30am</b> Kettlebell HIIT Robyn	<b>9:15am-10am</b> Pump It Up Karen	<b>9:15am-10am</b> Zumba Karen	<b>9:15am-10am</b> Step and Tone Karen
<b>10:30am-11:15am</b> Aerotone Karen	<b>10:30am-11:15am</b> Aerotone Karen	<b>10:30am-11am</b> Spin Robyn	<b>10:30am-11:15am</b> Stretch & Tone Robyn	<b>10am-10:30am</b> Spin <b>10:30am-11am</b> Abs Blast	<b>10:15am-11am</b> 15/15/15 Robyn	<b>10am-10:45am</b> Body Bar Karen
<b>11:30am-12:30pm</b> Yoga* Ceitlan		<b>11am-11:30am</b> HIIT Robyn	<b>11:15am-12pm</b> Step & Tone Karen	<b>11am-11:45am</b> Nifty 50s Karen		
	<b>12pm-12:45pm</b> Box 'n' Bootcamp Sarah	<b>12pm-12:45pm</b> Pilates* Connor				
<b>1:30pm-2:15pm</b> Stretch & Tone Karen	<b>1:30pm-2:15pm</b> Pilates* Nicola			<b>1:30pm-2:15pm</b> Circuits Sarah		
<b>Evening</b>						
<b>5pm-5:30pm</b> Infinity Bounce Robyn		<b>5pm-5:30pm</b> Step <b>5:30pm-6pm</b> Body Bar				
<b>5:45pm-6:15pm</b> Spin Robyn		<b>6pm-6:30pm</b> Dance Aerobics Karen				
<b>6:30pm-7:15pm</b> Clubbercise Karen	<b>6:30pm-7:15pm</b> Power Pump Sam	<b>6:30pm-7pm</b> HIIT Robyn	<b>6:30pm-7:15pm</b> Clubbercise Karen			
<b>7:15pm-8pm</b> Legs, Bums, and Tums Karen	<b>7:30pm-8pm</b> HIIT the Step Karen		<b>7:30pm-8:30pm</b> Yoga* Ceitlan			

## **Membership Prices - Non-contracted and no joining fees!**

<b>Adult Membership</b>		<b>Concessionary Membership</b>	
Monthly Rolling Direct Debit	£25	Monthly Rolling Direct Debit	£20
Three Months Upfront	£70	Three Months Upfront	£55
Six Months Upfront	£130	Six Months Upfront	£100
Twelve Months Upfront	£250	Twelve Months Upfront	£190
<b>Gym / Class Passes</b>		<b>16s and Under</b>	
Single Class	£5	Single Class	£3
Single Gym	£5	Single Gym	£3
Day Pass	£8	Monthly	£15
10 Session Block Booking	£40	10 Session Block Booking	£20
<b>Personal Training</b>			
Personal Training - 1 Session		£25	
Personal Training - 5 Session Block Booking		£100	

### **\*Yoga & Pilates Classes are not included in the above memberships\***

<b>Infinity Fitness Member</b>		<b>Non-Member</b>	
Yoga/Pilates Single Class	£4.50	Yoga/Pilates Single Class	£6.50
Yoga/Pilates 10x Classes	£35	Yoga/Pilates 10x Classes	£55

### **Opening Hours**

Monday- Friday 6am – 9pm

Saturday 8am – 3pm

Sunday 8am – 1pm

For more information or to book a class call us on 0191 263 8152 or email [infinityfitnessne@yahoo.com](mailto:infinityfitnessne@yahoo.com)

Pop in or go to [infinityfitnessne.clubright.co.uk](http://infinityfitnessne.clubright.co.uk) to join!