



klick fitness

Feature Classes

Wakefield

Monday

- 9.30am **Power Hour** (£)
- 10.15am **Ultimate Legs/Bums/Tums** (£)
- 11.15am **Dance Aerobics** (£)
- 5.40pm **Ultimate Spin** (£)
- 6.30pm **Kettlebell Group X** (£)
- 7.30pm **MTV Dance** (£)

Wednesday

- 9.30am **Pilates** (£)
- 10.15am **Kettlebell Group X** (£)
- 11.15am **Dance Aerobics** (£)
- 5.40pm **Ultimate Spin** (£)
- 6.30pm **Ultimate Step** (£)
- 7.30pm **Fitness Yoga** (£)

Friday

- 9.30am **Ultimate Legs/Bums/Tums** (£)
- 10.15am **Salsa** (£)
- 11.15pm **Ultimate Spin** (£)
- 5.30pm **Thump Boxing** (£)
- 6.30pm **Ultimate Step** (£)

Sunday

- 9.30am **Morning Boot Camp** (£)
- 10.15am **Ultimate Step** (£)

Tuesday

- 9.30am **Ultimate Conditioning** (£)
- 10.15am **Ultimate Step** (£)
- 11.15am **Pilates** (£)
- 5.30pm **Zumba** (£)
- 6.30pm **Dance Aerobics** (£)
- 7.30pm **Ultimate Step** (£)

Thursday

- 9.30am **Fitness Yoga** (£)
- 10.15am **Ultimate Legs/Bums/Tums** (£)
- 11.15am **Dance Aerobics** (£)
- 5.40pm **Total Tone** (£)
- 6.30pm **Kettlebell Group X** (£)
- 7.30pm **MTV Dance** (£)

Saturday

- 9.30am **Kettlebell Group X** (£)
- 10.15am **Dance Aerobic** (£)

(£) Pay as you go | £4.00 per class | Monthly subscription £22.00 per month

Tel 0113 277 3885 or 07969 729836

info@chrysalispromotions.com | www.chrysalispromotions.com

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