INSPIRING FUTURES: CHANGING LIVES

STATION PLAZA
FITNESS

Classes are suited to all ages and abilities, and are adapted to the individuals own pace.

FITNESS CLASSES

CARDIO BLAST £2

High energy cardiovascular class focused on improving endurance and cardio fitness. A highly motivational and exciting class.

Wed: 6:45 - 7:15am

BOXING £3

A traditional boxing class with hard work ethic focusing on punch and defence techniques combined with circuits.

Mon: 6 - 7pm

CIRCUITS £2

Full body circuits aimed at weight loss and developing strength and stamina. Move from station to station, combating a series of exercises targeting each area of the body.

Tues: 6:45 - 7:15am

AB ATTACK £2

A 30 minute intense fat burning and toning abdominal class.

Mon: 6:45 - 7:15am, Wed: 12:45 - 1:15pm

LEGS, BUMS & TUMS £2

LBT fitness class will focus on your legs, glutes and abs, helping you to achieve the perfectly toned lower body. Men and women welcome.

Mon: 12:45 - 1:15pm

CIRCUITS (TRIAL) £3

Move from station to station, tackling a series of exercises for full body conditioning. This class will improve cardiovascular fitness and strength, giving you maximum results.

Mon: 7 - 8pm, Wed: 6 - 7pm

CONTACT US:

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SUSSEX COAST COLLEGE, HASTINGS, TN34 1BA

CLASS TIMETABLE

	MON	TUES	WED
6AM			
7AM	**AB ATTACK** 06:45 - 07:15	**CIRCUITS** 06:45 - 07:15	**CARDIO BLAST** 06:45 - 07:15
8AM			
9AM			
10AM			
11AM			
12PM			
1PM	**LB&T** 12:45 - 13:15		**AB ATTACK** 12:45 - 13:15
2PM			
3PM			
4PM			
5PM			
6PM	**BOXING** 18:00 - 19:00		**CIRCUITS** 18:00 - 19:00
7PM	**CIRCUITS** 19:00 - 20:00		
8PM			
9PM			

STATION PLAZA FITNESS