



Class Timetable

FIT

Mondays 10am • Wednesdays 9.15am • Fridays 10am
An hour of Fun, Intense, Training with time for learning new skills and perfecting your exercise technique.

Quick FIT

Mondays 9.15am • Fridays 9.15am
For experienced FITsters this 30 minute workout will hit the spot!

Beginners' Running

Tuesdays 9.15am • Wednesdays 6.15pm
Learn how to run and keep going, build your confidence in this 45 minute session suitable for total beginners.

Up and Running

Tuesdays 9am • Wednesdays 7.15pm Thursdays 9.15am
An hour long session covering around 5K with faster runners doing up to 5 miles including hard intervals. Suitable for all runners.

Kettlebells

Tuesdays 8pm and 9pm
This 45 minute class combining kettlebells with your bodyweight will give you improved strength and cardiovascular fitness in one full on session.

ASPIRE FITNESS SOLUTIONS

Hassocks

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