



AYLSHAM
SPORTS
HUB

Inspiring a healthy community, investing in learning

EXERCISE CLASS TIMETABLE


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| MONDAY | Circuits | 07:00—07:45 |
| | Aqua Aerobics | 08:30—09:15 |
| | Trapeze Yoga | 18:00—18:45 |
| | BoxFit | 19:00—19:45 |
| | Trapeze Yoga | 20:00—20:45 |
| TUESDAY | Hatha Yoga | 18:30—19:30 |
| WEDNESDAY | Outdoor Fitness | 07:15—08:00 |
| | Aqua Aerobics | 08:30—09:15 |
| | Zumba | 18:00—19:00 |
| | Clubbercise | 19:15—20:15 |
| THURSDAY | Aqua Zumba | 18:00—18:45 |
| | Step and Press | 18:30—19:30 |



£5 per class. A 4 week class pass is available for £35.

All profits are re-invested into the schools of Aylsham Learning Federation for the benefit of the children, their families and the community

Booking for classes is available through our online booking system which can be accessed via our website:
<https://www.aylshamhigh.com/exercise-classes>

Please contact Aylsham Sports Hub for more information on 01263 738966
 Email: memberships@aylshamsportshub.co.uk  Aylsham Sports Hub
 Aylsham High School, access via Bure Meadows Estate, NR11 6FN