

<b>MONDAY</b>	<b>TONING</b> 9:00-9:45 Gym Team Dome	<b>PILATES (Z)</b> 10:15-11:15 External Dome - Fiona	<b>PILATES (Z)</b> 11:20-12:05 External Studio	<b>MSJ HIIT</b> 12:30-13:00 Gym Team Gym 1 or 2	<b>VINYASA YOGA (Z)</b> 17:50-18:50 Studio - Jo	<b>BOOT CAMP</b> 18:00-19:00 Gym Team Sports Hall				
<b>TUESDAY</b>	<b>MSJ HIIT</b> 7:15-7:45 Gym Team Studio	<b>VINYASA YOGA (Z)</b> 10:00-11:15 External Studio - Laura	<b>AQUAFIT</b> 10:15-11:00 External Swimming Pool	<b>PILATES (Z)</b> 12:00-13:00 External Studio	<b>ZUMBA</b> 18:00-18:45 External Sports Hall	<b>SPINNING</b> 18:00-18:45 Gym Team /External Dome	<b>YOGA (Z)</b> 19:00-20:00 External Studio - Alison	<b>BODYPUMP™</b> 19:00-20:00 Gym Team /External Dome		
<b>WEDNESDAY</b>	<b>CIRCUITS</b> 7:15-8:00 Gym Team Sports Hall	<b>TONING</b> 9:00-9:45 Gym Team Dome		<b>MSJ HIIT</b> 12:30-13:00 Gym Team Gym 1 or 2		<b>BOOT CAMP</b> 18:00-19:00 Gym Team Dome				
<b>THURSDAY</b>			<b>YOGA (Z)</b> 10:00-11:15 External Studio - Alison		<b>SPINNING</b> 18:00-18:45 Gym Team /External Dome	<b>ZUMBA</b> 18:00-18:45 External Sports Hall	<b>BODYBALANCE™</b> 19:00-19:45 External Studio	<b>BODYPUMP™</b> 19:00-20:00 Gym Team /External Dome		
<b>FRIDAY</b>	<b>GYMSTICKS</b> 9:00-9:45 Gym Team Dome	<b>VINYASA YOGA (Z)</b> 10:00-11:15 External Studio - Laura	<b>AQUAFIT</b> 10:45-11:30 External Swimming Pool	<b>PILATES (Z)</b> 12:00-12:45 External Studio - Fiona	<b>BOOT CAMP</b> 17:30-18:30 Gym Team Sports Hall					
<b>SATURDAY</b>		<b>CIRCUITS</b> 9:15-10:00 Gym Team Sports Hall	<b>CLASS BOOKING INFORMATION</b> <ol style="list-style-type: none"> <li>1. Classes can be booked up to a week in advance.</li> <li>2. All classes operate on a first come first served basis.</li> <li>3. Non-members must pay at the time of booking to secure their place.</li> <li>4. Refunds will not be given to non-members who cannot attend a class.</li> <li>5. Late-comers may be refused entry to any class.</li> <li>6. We reserve the right to cancel a class at any time.</li> <li>7. The class timetable may be subject to change.</li> </ol>							
<b>SUNDAY</b>		<b>SCULPT</b> 10:15-11:00 Gym Team Studio								



For more information, please call

**01684 584 638**

or visit [www.msjsports.co.uk](http://www.msjsports.co.uk)


# MSJ SPORTS CENTRE

## Membership Options & Opening Times

	Joining Fee	Single		Concession*	
		Monthly	Annual	Monthly	Annual
Gym only	£30	£30	£330	£24	£264
Gym & Swim	£30	£39	£429	£33	£363
Gym, Swim & Bootcamp	£30	£59	£649	£53	£583
Gym & Bootcamp	£30	£50	£550	£44	£484
Swim Only	£15	£16	£176	£13	£143
Swim & Bootcamp	£15	£36	£396	£33	£363
Bootcamp Only	£15	£25	£275	£20	£220

\*Student, Senior, Parent/OGA, Manor Park, Malvern Joggers, NHS(Gym only packages), Malvern Police

	Day	Evening	Bootcamp
Monday	7:00-14:00	7:00-14:00	18:00-19:00
Tuesday	7:00-14:00	7:00-14:00	-
Wednesday	7:00-14:00	7:00-14:00	18:00-19:00
Thursday	7:00-14:00	7:00-14:00	-
Friday	7:00-14:00	7:00-14:00	17:30-18:30
Saturday	8:00-16:00	closed	-
Sunday	8:00-16:00	closed	-

	Morning	Day	Evening
Monday	7:00-8:30	12:30-13:30	18:15-20:15
Tuesday	7:00-8:30	12:30-13:30	18:15-20:15
Wednesday	7:00-8:30	12:30-13:30	18:15-20:15
Thursday	7:00-8:30	12:30-13:30	18:15-20:15
Friday	7:00-8:30	12:30-13:30	18:00-19:00
Saturday	8:00-10:00	12:00-14:00*	closed
Sunday	8:00-10:00	12:00-14:00*	closed

\*Family swim only