

Day	Class	Arrival time	Price
Monday	ONLINE & FACE 2 FACE	METAFIT	9:30am £5
	VIRTUAL	SPIN	9:30am £5
		SPIN	4.30pm/5.30pm/6.10pm/6.50pm & 7.25pm £5 each
	FACE 2 FACE	SPIN	10.10am £5
		GYM (main hall)	10.10am £5
		ABS	4.35pm £5
		CIRCUITS	5.20pm £5
	REBOUND	7.15pm £5	
	SHAPE-UP	8.pm Block booking	
Tuesday	FACE 2 FACE	METAFT	6:30am £5
	VIRTUAL	SPIN	6:30am/9.30am & 10-10am £5
			£5
	FACE 2 FACE	BST	9.30am & 10-10am £5
		KIDS DANCE FITNESS	4.15pm £5
		GYM (Main Hall)	5.00pm £5
		SPIN	5.30pm /6:10pm & 6:50pm £5
		CIRCUITS	6.00pm £5
	ABS	6:35pm £5	
	REBOUND	7.10pm £5	
Wednesday	ONLINE	CARDIO ONLINE	4.45pm £5
	VIRTUAL	SPIN	9.30am & 10:10am £5
		SPIN	4.00pm / 4:40pm / 6:10pm & 6:45pm £5
	FACE 2 FACE	META-FIT	9.30am £5
		REBOUND	10.10am £5
		KID'S REBOUND	4.00pm £4
		SPIN	5:25pm £5
	REBOUND	6.00pm £5	
	BST	7.30pm £5	
Thursday	FACE 2 FACE	CIRCUITS	6:30am / 9-30am & 5:30pm £5
	VIRTUAL	SPIN	6:30am / 9:30am / 5:30pm & 6:10pm £5
	FACE 2 FACE	ABS	6.10pm £5
		SPIN	7.30pm £5
Friday		CLOSED	
Saturday	ONLINE	HiIT	8.30am £5
	VIRTUAL	SPIN	9:15am & 9.55am £5
	FACE 2 FACE	METAFIT	9:15am £5

HELIMA'S

www.mutchmoreactive.com

CALL: 07921 385510 kids welcome to AM classes only

EMAIL: mutchmoreactive@gmail.com

Multi use halls available for rent - Unit 6 Hayfield Business Park, Kirkcaldy, KY2 5DH