

Day		Class	Arrival time	Price
Monday	<b>ONLINE &amp; FACE 2 FACE</b>	METAFIT	9:30am	£5
	<b>VIRTUAL</b>	SPIN	9:30am	£5
	<b>FACE 2 FACE</b>	SPIN	4.45pm/5.30pm/6.10pm/6.50pm	£5 each
		SPIN	10.10am	£5
		ABS	4.45pm	£5
		CIRCUITS	5.20pm	£5
		REBOUND	7.15pm	£5
SHAPE-UP	8.pm	Block booking		
Tuesday	<b>VIRTUAL</b>	SPIN	9.30am & 10-10am	£5
	<b>FACE 2 FACE</b>	BST	9.30am & 10-10am	£5
		KIDS DANCE FITNESS	4.15pm	£5
		MAIN HALL	5pm	£5
		SPIN	5.30pm /6:10pm & 6:50pm	£5
		CIRCUITS	6.00pm	£5
		ABS	6:35pm	£5
Wednesday	<b>ONLINE</b>	CARDIO ONLINE	4.45pm	£5
	<b>VIRTUAL</b>	SPIN	9.30am & 10:10am	£5
		SPIN	4.00pm / 4:40pm / 6:10pm & 6:45pm	£5
	<b>FACE 2 FACE</b>	META-FIT	9.30am	£5
		REBOUND	10.10am	£5
		KID'S REBOUND	4.00pm	£4
		SPIN	5:25pm	£5
		REBOUND	6.00pm	£5
		BST	7.45pm	£5
Thursday		<b>VIRTUAL</b>	SPIN	9-30am / 5:30pm & 6:10pm
	<b>FACE 2 FACE</b>	CIRCUITS	9:30am & 5:30pm	£5
		ABS	6.10pm	£5
		SPIN	7.30pm	£5
Friday		<b>CLOSED</b>		
Saturday	<b>ONLINE</b>	HiIT / META- FIT	8.40am	£5
	<b>VIRTUAL</b>	SPIN	8:30 am /9:15am	£5

### ONLINE SESSIONS

Monday	META-FIT	9:30 am
Wednesday	ABS- WEIGHTS	4:45pm
Saturday	HIIT	8:40am

[www.mutchmoreactive.com](http://www.mutchmoreactive.com)  

CALL: 07921 385510 kids welcome to AM classes only EMAIL: [mutchmoreactive@gmail.com](mailto:mutchmoreactive@gmail.com)

**B S T = bodyweight suspended training (TR REBOUND = trampoline with core session**

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