

Day		Class	Arrival time	Price
Monday	<b>ONLINE &amp; FACE 2 FACE</b>	METAFIT	9:30am	£5
		SPIN	10:10am & <b>6:10pm</b>	£5
	<b>VIRTUAL</b>	SPIN	9:30am 4:45 & 7:10pm	£5
	<b>FACE 2 FACE</b>	ABS	4.45pm	£5
CIRCUITS		5:20pm	£5	
SPIN		<b>6.10pm</b>	£5	
REBOUND		7:15pm	£5	
Tuesday	<b>VIRTUAL</b>	SPIN	9.30am / 10-10am & <b>6:40pm</b>	£5
	<b>FACE 2 FACE</b>	BST	9.30am & 10-10am	£5
		SPIN	6:pm & <b>6:40pm</b>	£5
		ABS	6.pm	£5
	CIRCUITS	6:30:pm	£5	
Wednesday	<b>ONLINE</b>	CARDIO ONLINE	4.50pm	£5
	<b>VIRTUAL</b>	SPIN	9.30am & 10:10am	£5
				4.15pm / 6:10pm / <b><u>6:45pm &amp; 7:45pm</u></b>
	<b>FACE 2 FACE</b>	META-FIT	9.30am	£5
		REBOUND	10.10am	£5
		KIDS DANCE FITNESS	<b><u>4.15pm class off all school holidays</u></b>	£5
		SPIN	5:25pm	£5
	REBOUND	6:pm	£5	
	BST	<u>7.45pm</u>	£5	
Thursday	<b>VIRTUAL</b>	SPIN	9:30am / 5-30pm /6:10pm & 6:45pm	£5
	<b>FACE 2 FACE</b>	CIRCUITS	9:30am & 5-30:pm	£5
		ABS	6:pm	£5
Friday		<b>CLOSED</b>		
Saturday	<b>ONLINE</b>	HiiT / META- FIT	8:40am	£5
	<b>VIRTUAL</b>	SPIN	8:30 am	£5
	<b>FACE 2 FACE</b>	SPIN	9:15am	£5

**ONLINE SESSIONS :** **underline check class is on during the school holidays**

Monday	META-FIT	9:30 am
Wednesday	ABS- WEIGHTS	4:50pm
Saturday	HIIT	8:40am

[www.mutchmoreactive.com](http://www.mutchmoreactive.com)   CALL: 07921 38510 kids welcome to AM classes only

EMAIL: mutchmoreactive@gmail.com **B S T = bodyweight suspended training (TRX)** **REBOUND = trampoline with core**

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