

**Classes  
open  
to non-  
members**



# CLASS TIMETABLE

## EFFECTIVE FROM JUNE 2011

<b>Monday</b>	10.00 – 11.00	Spinning
	13.30 – 14.15	Fitball
	17.30 – 18.30	Circuits (Studio 3)
	18.00 – 18.45	Zumba (Studio 1)
	18.45 – 19.45	Body Pump
	18.45 – 19.45	Ex-Spinning
<b>Tuesday</b>	07.00 – 07.30	Body Combat
	10.00 – 10.45	Kettlebell
	18.00 – 19.00	Body Combat
	19.00 – 19.45	Spinning
	19.15 – 20.00	Tums, Bums & Thighs
<b>Wednesday</b>	10.00 – 10.45	Body Pump
	16.00 – 17.00	Children's Mixed Martial Arts
	17.30 – 18.30	Circuits
	17.45 – 18.30	Pilates (Mixed levels)
	18.30 – 19.15	Body Attack
	19.15 – 20.00	Zumba
	20.00 – 20.45	Body Pump
<b>Thursday</b>	10.00 – 10.45	Body Attack
	11.30 – 12.15	Pilates (Beginners)
	18.00 – 18.30	Begin To Spin
	18.00 – 19.00	Kettlebell
	19.15 – 20.00	Tums, Bums & Thighs
	19.00 – 20.00	Spin & Six Pack
<b>Friday</b>	10.00 – 11.00	Body Combat
	18.00 – 18.45	Spinning
	18.00 – 18.45	Zumba
	19.00 – 19.45	Body Training Systems (Mix)
<b>Saturday</b>	09.00 – 09.45	Children's Mixed Dance (Street, Hip Hop & Jazz) (Studio 1)
	09.00 – 09.45	Spinning (Studio 3)
	09.00 – 10.00	Children's Mixed Martial Arts
	10.00 – 10.45	Zumba
	10.45 – 11.30	Body Training Systems (Mix)
<b>Sunday</b>	10.30 – 11.15	Spinning
	11.00 – 12.00	Body Pump

**Please note that all classes must be booked  
in advance by calling 01383 413331**