

Spring 2012

Day	Class	Time	Instructor
Monday	Spinning	7.00 - 7.45am	Ben
	Tri-Challenge	9.30 - 10.25am	Camilla
	Body Attack	10.30 - 11.25am	Kathryn
	Aquacise	11.00 - 11.45am	Camilla
	Over 50s Circuit	11.30 - 12.15am	Steve
	Pilates	12.30 - 1.25pm	Richard
	Body Conditioning	6.00 - 6.55pm	Tracey
	Spinning	6.30 - 7.15pm	Julie M
	Pilates	7.00 - 7.55pm	Tracey
	Kettlebells	8.00 - 8.55pm	Ben
	Swim Club - Beg / Int	8.00 - 8.45pm	Victoria
	Swim Club - Adv	8.45 - 9.30pm	Victoria
	Tuesday	Boot Camp Circuit	7.00 - 7.45am
Ladies Circuit *£		9.30 - 10.15am	Kirsty
Fit for Life		10.30 - 11.30am	Liz
Pilates		12.30 - 1.30pm	Richard
Yoga		5.30 - 6.25pm	Martina
Aerobic Moves		6.30 - 7.25pm	Tony
Body Combat		7.30 - 8.25pm	Stefania
Zumba *£		8.00 - 8.55pm	Laura
Wednesday	Spinning	9.30 - 10.15am	Anthony
	Body Conditioning	10.15 - 11.10am	Linda
	Aquacise	10.15 - 11.00am	Martina
	Stretch	11.15-12.10pm	Linda
	Fitball	6.00 - 6.45pm	Claire
	Water Works	6.30 - 7.15pm	Carla
	Spinning	7.00 - 7.45pm	Warwick
	Body Conditioning	7.00 - 7.55pm	Tracey
MMA*£	8.00 - 8.55pm	Ben	

Day	Class	Time	Instructor
Thursday	Spin & Core	7.00 - 7.45am	Warwick
	MBT's*£	9.30 - 10.30am	Warwick
	Yoga	9.30 - 10.55am	Jacqueline
	Step	11.00 - 11.55pm	Richard
	Fitball	12.00 - 12.55pm	Richard
	Swim Club	12.45 - 1.30pm	Victoria
	Pump	6.00 - 6.55pm	Debbie
	Spinning	7.00 - 7.45pm	Julie M
	Kettlebells	7.30 - 8.15pm	Warwick
	Friday	Body Combat	9.30 - 10.25 am
Spinning		9.30 - 10.15am	Liz
Over 50s Circuit		10.30 - 11.15am	Gym Team
Water Works		10.30 - 11.15am	Carla
Zumba		11.30 - 12.25pm	Cherie
Pilates		12.30 - 1.25pm	Claire C
Saturday	Pilates	1.30 - 2.25pm	Maria
	Body Combat	9.30 - 10.25am	Jane
	Spinning	9.30 - 10.30am	Julie M
Sunday	Body Conditioning	10.30 - 11.25am	Tracey
	Body Conditioning	9.30 - 10.25am	Julie
	Spinning	9.30 - 10.30am	Michelle
	Zumba	10.30 - 11.30am	Debbie

Classes are subject to change.
 Please book your place in the class
 Classes can be booked 1 week in advance.

Please sign in for your class at Reception when you arrive
 Please bring a water bottle and a sweat towel to all classes

* Class takes place in Green Room

£ non members welcome for a £5 charge

Telephone 01438 313320