

Class Timetable.....pay-as-you-go or membership options

Contact Kate



If you have any comments or suggestions about our Class Timetable please talk to or email:
 Kate Rogers (Fitness Manager)
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remember

- Calorie Burning Classes
- Muscle Toning & Endurance Classes
- All Over Body Workout Classes
- Re-Energise & Relax Classes
- Specialist Classes
- Introductory Low Impact Classes
- Classes for Juniors

class locations

- S1 studio 1
- S2 studio 2
- SS spin studio
- G gym
- Rec reception

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Spin & Abs 7.15-8.00am Kate SS			
BodyStep 9.20-10.15am Steph S1	Step Conditioning 9.20-10.15am Jill S1	BodyStep 9.20-10.15am Steph S1	Legs, Bums & Tums 9.20-10.15am Sarah S2	BodyCombat 9.20-10.15am Jill S1	Spinning 9.00-9.30am Helen SS	Body Conditioning 9.30-10.25am Magda S1
Legs, Bums & Tums 9.20-10.15am Kate S2	BodyJam 9.20-10.15am Claudie S2	Body Balance 9.20-10.15am Diane S2	BodyPump 9.20-10.15am Steph S1	BodyBalance 9.20-10.15am Diane S2	Salsa Aerobics 9.10-9.55am Caroline S2	Spinning 10.00-10.30am Jen SS
BodyPump 10.35-11.30am Steph S1	Legs, Bums & Tums 10.35-11.20am Jill S1	Running Club 10.35-11.30am Karen REC	Dance Mix (Starts 16 Sept) 10.35-11.30am Nicky S1	Spinning 9.30-10.15am Magda SS	Boot Camp* 9.30-10.15am Magda Gym	BodyPump 10.35-11.30am Jen S1
Nice & Easy 10.35-11.20am Kate S2	Swiss Ball 10.35-11.20am Jango S2	Nice & Easy 10.35-11.20am Caroline S1	BodyBalance 10.35-11.30am Sarah S2	Pilates 10.35-11.30am Kate S2	Spinning 9.35-10.05am Helen SS	
Body Balance 11.30-12.25pm Jo L S2	Pilates 11.30-12.25pm Jango S2		Spin & Abs 10.35-11.20am Steph SS	Ultimate Tone 10.35-11.30am Jill S1	Legs, Bums & Tums 10.05-11.00am Helen S1	
					Pilates 11.00-11.55am Mandy S2	
					BodyPump 11.10-12.05am Jill S1	
						
		Street Stylez (£) 4.00-4.55pm Sam S1 (7-11 yrs)	Street Stylez (£) 4.00-4.55pm Sam S1 (7-11 yrs)	Spinning 5.45-6.30pm Mandy SS	Family Karate (£) 4.00-5.30pm Neil S1	Yoga 5.00-5.55pm Irena/Amba S2
BodyPump 5.45-6.40pm Jo L S1	BodyPump 5.40-6.35pm Maxine S1	Pilates 5.30-6.25pm Kate S2	BodyBalance 6.00-6.55pm Jo Y S2	BodyStep 6.00-6.55pm Jo L S1		
Spinning 6.15-6.45pm Jango SS	Pilates 6.00-6.55pm Jo Y S2	BodyPump 6.00-6.55pm Jill S1	Spinning 6.10-6.40pm Nicky SS	BodyBalance 6.15-7.10pm Josh S2		
Athletic Yoga 6.30-7.25pm Rowan S2	Spinning 6.30-7.00pm Kerry SS	Spinning 6.30-7.00pm Kate SS	BodyJam 6.00-6.55pm Magda S1	Family Karate (£) 7.00-7.55pm Graham S1		
BodyStep 6.45-7.40pm Jo L S1	BodyCombat 6.45-7.40pm Jo L S1	Zumba 6.30-7.25pm Tanya S2	Spinning 6.45-7.15pm Nicky SS			
Spinning 6.50-7.20pm Jango SS	Ultimate Tone 7.00-7.55pm Caroline S2	BodyStep 7.00-7.55pm Jill S1	Salsa Bhangra 7.00-7.55pm Mandy S2			
Yoga 7.45-9.00pm Rowan S2	Spinning 7.05-7.35pm Kerry SS	Spinning 7.05-7.35pm Kate SS	BodyPump 7.00-7.55pm Chris S1			
BodyCombat 7.45-8.40pm Jo L S1	BodyStep 7.45-8.40pm Jo L S1	Yoga 7.30-8.25pm Irena S2				
	Beat (£) 8.00-8.55pm Laura S2					
						
		Eat Wise & Change Size See page 10				
			Back in Action A 6 week fitness course specifically designed to alleviate back pain coming soon.			
						Bridal Boot Camp and Ski Boot Camp See page 7 for details