

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 our Class Timetable please talk to our email: Kate Rogers (Fitness Manager) kate.rogers@bournemouth.gov.uk

remember

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

class locations

- S1 studio 1
- S2 studio 2
- SS spin studio
- P pool
- G gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Spinning 7.15-7.45am Sarah SS		Spinning 7.15-7.45am Kate SS			
BodyStep 9.15-10.10am Steph S1	Body Conditioning 9.15-10.10am Jill S1	BodyStep 9.15-10.10am Steph S1	Legs, Bums & Tums 9.15-10.10am Sarah S2	BodyCombat 9.15-10.10am Jill S1	Spinning 9.00-9.30am Jango SS	Body Conditioning 9.30-10.25am Magda S1
Legs, Bums & Tums 9.15-10.10am Kate S2	BodyJam 9.15-10.10am Claudie S2	Body Balance 9.15-10.10am Diane S2	BodyPump 9.15-10.10am Steph S1	BodyBalance 9.15-10.10am Diane S2	Aqua 9.10-9.55am Caroline Pool	Spinning 10.00-10.30am Chris SS
Nice & Easy (starts Feb 2010) 10.35-11.20am Kate S2	Aqua 9.35-10.20am Caroline Pool	Aqua 9.45-10.30am Caroline Pool	Body Conditioning 10.35-11.30am Steph S1	Spinning 9.45-10.15am Magda SS	Salsa Aerobics (starts Feb 2010) 9.10-9.55am Caroline S2	*Iyengar Yoga 10.15-11.30am Lyn S2
Body Conditioning 10.35-11.20am Steph S1	Legs, Bums & Tums 10.35-11.20am Nadia S1	Spinning 9.45-10.15am Kelly SS	BodyBalance 10.35-11.30am Sarah S2	Spinning 10.20-10.50am Magda SS	Spinning 9.35-10.05am Jango SS	Circuits 10.35-11.30am Chris S1
Aqua 11.15-12noon Kate Pool	Swiss Ball 10.35-11.20am Jango S2	Body Conditioning 10.35-11.30am Kelly S1	Aqua 10.45-11.30am Nadia Pool	Pilates 10.35-11.30am Kate S2	Legs, Bums & Tums 10.00-10.55am Kelly S1	<i>*Iyengar Yoga not suitable for pregnant women</i>
Hatha Yoga 11.30-12.45pm Pippa S2	Pilates 11.30-12.25pm Jango S2	Nice & Easy (starts Feb 2010) 10.35-11.20am Caroline S2		Body Conditioning 10.35-11.30am Jill S1	Pilates 11.00-11.55am Kelly S2	
				Aqua 11.15-12noon Vicki Pool	BodyPump 11.00-11.55am Jill S1	
					Just Abs 12.00-12.25pm Jill S1	
		Ruckus Street Dance (£) 4.00-4.55pm Sam S1 (7-11 yrs)	Rebound Street Dance (£) 4.00-4.55pm Sam S1 (12-16 yrs)		Family Karate (£) 4.00-5.30pm Neil S1	
BodyPump 5.45-6.40pm Jo L S1	BodyPump 5.45-6.40pm Maxine S1		BodyBalance 6.00-6.55pm Hannah S2		Belly Dancing (£) 5.00-5.55pm Kataneh S2	Yoga 5.00-5.55pm Irena/Amba S2
Spinning 6.15-6.45pm Jango SS	Pilates 6.00-6.55pm Kate S2	Pilates 5.30-6.25pm Kate S2	Spinning 6.10-6.40pm Stevie SS	BodyStep 6.00-6.55pm Jo L S1		
Circuits 6.20-7.15pm Nadia S2	Spinning 6.30-7.00pm Stevie SS	BodyPump 6.00-6.55pm Lesley S1	BodyJam 6.15-7.10pm Lesley S1	BodyBalance 6.15-7.10pm Cat S2		
BodyStep 6.45-7.40pm Jo L S1	BodyCombat 6.45-7.40pm Jo L S1	Pilates 6.45-7.40pm Cat S2	Spinning 6.45-7.15pm Stevie SS			
Spinning 6.50-7.20pm Jango SS	BodyJam 7.00-7.55pm Claudie S2	BodyStep 7.00-7.55pm Lesley S1	Circuits 7.00-7.55pm Mandy S2			
Aqua 7.00-7.45pm TBA Pool	Spinning 7.05-7.35pm Stevie SS	Spinning 7.15-7.45pm Magda SS	BodyPump 7.15-8.10pm Lesley S1			
Just Abs 7.15-7.40pm Nadia S2	BodyStep 7.45-8.40pm Jo L S1	Body Conditioning 8.00-8.55pm Magda S1	Intermediate Yoga 8.15-9.10pm Rowan S2			
Yoga 7.45-9.00pm Rowan S2						
BodyCombat 7.45-8.40pm Jo L S1						
						