

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

## Tuesday 3rd January - Sunday 1st April

Designed for people of all ages, abilities and interests, there is something for everyone. Why not try a class today!

### remember

- Calorie Burning Classes
- Muscle Toning & Endurance Classes
- All Over Body Workout Classes

- Re-Energise & Relax Classes
- Specialist Classes
- Water Workout Classes

### class locations

- (S) studio
- (SS) spin studio
- (P) pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spinning</b> 9.30-10.00am Becky (SS)	<b>Spinning</b> 9.30-10.00am Karen (SS)	<b>Spinning</b> 9.30-10.15am Kerry (SS)	<b>Spinning</b> 9.30-10.00am Lucy (SS)	<b>Spinning</b> 9.30-10.00am Charlie (SS)	<b>Hatha Yoga</b> 9.00-9.55am Pippa (S)	
<b>Total Body</b> 9.30-10.25am Cat (S)	<b>Legs, Bums &amp; Tums</b> 9.30-10.25am Cat (S)	<b>20/20/20</b> 9.30-10.25am Becky (S)	<b>Body Conditioning</b> 9.30-10.25am Tony (S)	<b>Kettle Bell Blast</b> 9.30-10.00am Cat (S)	<b>Spinning</b> 9.30-10.00am Kat (SS)	<b>Spinning</b> 9.25-9.55am Jill/Kat (SS)
<b>Spinning</b> 10.05-10.35am Becky (SS)	<b>Deep Water Aqua</b> 10.05-11.00am Clive (P)	<b>Aqua Zumba</b> 10.05-11.00am Cat (P)	<b>Spinning</b> 10.05-10.35am Lucy (SS)	<b>Zumba</b> 10.00-10.55am Cat (S)	<b>Beginners Circuits</b> 10.00-10.55am Paula (S)	<b>Total Body</b> 10.05-11.00am Jill/Kat (S)
<b>Flexible Fitness</b> 10.30-11.25am Cat (S)	<b>Spinning</b> 10.05-10.35am Karen (SS)	<b>Hatha Yoga</b> 10.30-11.25am Pippa (S)	<b>NEW Ashtanga Yoga</b> (starts 19 Jan) 10.45-11.40am Zoe (S)	<b>Deep Water Aqua</b> 10.05-11.00am Naomi (P)	<b>Spinning</b> 10.05-10.35am Kat (SS)	<b>Zumba</b> 11.05-12.00pm Kelly (S)
<b>NEW Reactive Fitness</b> 11.30-12.25pm Kerry (S)	<b>Fitness Pilates</b> 10.30-11.25am Cat (S)			<b>Spinning</b> 10.05-10.35am Charlie (SS)	<b>Legs, Bums &amp; Tums</b> 11.00-11.55am Kat (S)	
	<b>Aqua Fit</b> 11.05-12.00pm Clive (P)			<b>Hatha Yoga</b> 11.00-11.55am Pippa (S)		
<b>Spinning</b> 5.25-5.55pm Lucy (SS)	<b>Spinning</b> 5.25-5.55pm Kerry (SS)	<b>Athletic Conditioning</b> 5.30-6.25pm Jill (S)	<b>Just Abs</b> 5.30-5.55pm Kerry (S)			
<b>Total Body</b> 6.00-6.55pm Lucy (S)	<b>Legs, Bums &amp; Tums</b> 6.00-6.55pm Kerry (S)	<b>Spinning</b> 5.45-6.15pm Cat (SS)	<b>20/20/20</b> 6.00-6.55pm Kerry (S)	<b>Spinning</b> 5.25-5.55pm Jen (SS)		
<b>Spinning</b> 6.00-6.30pm Chris (SS)	<b>Spinning</b> 6.15-6.45pm Charlotte (SS)	<b>Spinning</b> 6.30-7.00pm Jill (SS)	<b>Spinning</b> 6.00-6.30pm Amy (SS)	<b>Circuits</b> 6.00-6.55pm Julian (S)		<b>Hatha Yoga</b> 7.00-7.55pm Kamini (S)
<b>Spinning</b> 6.35-7.05pm Chris (SS)	<b>Spinning</b> 6.50-7.20pm Charlotte (SS)	<b>Zumba</b> 6.30-7.25pm Cat (S)	<b>Spinning</b> 6.35-7.05pm Amy (SS)	<b>Spinning</b> 6.00-6.30pm Jen (SS)		
<b>Legs, Bums &amp; Tums</b> 7.00-7.55pm Cat (S)	<b>Zumba</b> 7.00-7.55pm Kelly (S)	<b>Spinning</b> 7.05-7.35pm Jill (SS)	<b>Kettle Bell &amp; Abs</b> 7.00-7.55pm Jill (S)			
<b>Functional Pilates</b> 7.15-8.00pm Chris (SS)	<b>Just Abs</b> 7.30-7.55pm Charlotte (SS)	<b>Legs, Bums &amp; Tums</b> 7.30-8.25pm Nicky (S)				
<b>Hatha Yoga</b> 8.00-8.55pm Amba (SS)	<b>Combat Conditioning</b> 8.00-8.55pm Stevie (S)	<b>Hatha Yoga</b> 8.30-9.25pm Pippa (S)				



The above timetable is correct at time of printing but maybe subject to change.

