

Find the class that suits your lifestyle

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6.30am till 10am				08.45-09.30 1	Boxing Circuit Sarah B									
		09.30-10.25 1	Cardio Kick Sue Chinn	09.45-10.30 1	Move/Fight Lynn W	09.30-10.30 1	Fight Sarah B	09.30-10.30 1	Move n tone Sue	09.30-10.30 1	pump fx Sarah B	09.30-10.15 1	Move Amanda		
		09.30-10.15 2	Salsacise Michela	09.30-10.30 2	Pilates Carol Platt	09.30-10.30 2	Pilates Carol	09.30-10.30 2	Beginners Pilates Sarah B	09.30-10.15 2	Spin Sarah W	09.30-10.15 2	Spin Dave		
										09.30-10.15 pool	Aqua Anne Marie				
DAYTIME	10am till 5pm	10.30-11.30 2	T'ai Chi Marilyn	10.30-11.30 1	pump fx Lynn W	10.30-11.15 2	Bounce Carol	10.30-11.15 1	LBT Sue	10.30-11.15 1	Fight Sarah W	10.30-11.15 2	Spin Dave	10.15-11.00 1	fight/aerobics Sarah/Lynn
		10.30-11.15 1	LBT Sue	09.45-10.30 pool	Aqua	10.30-11.15 1	LBT Sarah B	11.30-12.30 1	Yoga Kirsty	10.30-11.15 2	Easy Aerobics Carol	10.15-11.00 1	LBT Amanda	11.00-12.00 1	pump fx Sarah/Lynn
		10.30-11.15 pool	Aqua Karen H	10.30-11.30 2	Yoga Kirsty	16.30-17.30 1	pump fx Sarah B			11.15-12.15 2	Physical Yoga Carol	11.00-12.00 1	Physical Yoga Kirsty		
		16.30-17.30 1	Pump fx Lynn W	12.15-13.15 2	Strictly Dancing Ronald										
EVENING	5pm till 10pm	17.30-18.10 1	Fight Lynn W	17.15-18.00 1	Body Sculpt Sarah B	17.30-18.00 1	Ab Attack Sarah B	17.15-17.55 1	LBT Amanda	17.30-18.15 1	Move n abs Suzie				
		17.30-18.00 2	Ab Attack Sarah	18.00-18.45 1	Move Sarah B	17.45-18.45 2	Yoga Callie	18.00-18.45 2	Spin Becky						
		18.15-18.55 2	Spin Lisa	18.00-18.45 2	Spin Debbie	18.00-18.45 1	Fight Sarah B	18.00-18.45 1	pump express Suzie						
		18.15-19.00 1	lbt Debbie	19.00-19.45 1	Bounce Debbie	18.45-19.30 2	Spin Sarah W	18.45-19.30 1	Move Suzie						
		19.15-20.00 2	Spin Dave	19.45-20.45 1	Pilates Debbie	19.00-20.00 1	pump fx Suzie	19.00-20.00 2	Pilates Amanda						
		19.00-20.00 1	pump fx Lisa												
		20.00-21.00 1	Yoga Mike												

A is for Aerobic. Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.

C is for Conditioning. Improve your overall body tone, a class to condition and strengthen your body.

E is for Escape. Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.