

Find the workshop that suits your lifestyle



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6.30am till 10am	9.15-10.00 Studio Step Kate	6.45-7.30 Studio 2 Spin Kate	9.30-10.15 Studio 2 Spin Hazel	6.45-7.30 Studio 2 Spin Jilly	6.45-7.30 Studio 2 Spin Kate	9.30-10.30 Studio 1 Pump Ayesha/Vicky	9.00-10.00 Studio 1 Yogalates Jilly
		9.15-10.15 Studio 1 Pilates Jilly		9.00-10.00 Studio 1 Pilates Rose			
				9.30-10.15 Studio 2 Spin Ayesha			
					10.00-10.45 Studio 2 Spin Hazel	10.30-11.15 Studio 1 Bootcamp Sue	
DAYTIME 10am till 5pm	10.00-10.45 Studio 2 Spin Laura	10.15-11.15 Studio 1 20/20/20 Kate	10.00-10.45 Studio 1 Aerobics Kate	10.30-11.30 Studio 1 Pump Claire	10.00-10.45 Studio 1 Step Kate	11.15-12.00 Studio 1 Dance mix Sue	10.00-11.00 Studio 1 Boxercise Ayesha
	10.15-11.00 Studio 1 Active Age Sandra N	11.15-12.15 Studio 1 Zumba Libbi	10.00-10.45 Pool Splash Laura	11.30-12.15 Studio 1 Step Claire	11.15-12.00 Pool Splash Hazel	11.30-12.15 Studio 2 Spin Jilly	11.00-12.00 Studio 1 Zumba Nikki
	11.00-12.00 Studio 1 Fitness Pilates Kate	12.15-12.45 Studio 1 Abs Blast Niki	10.45-11.30 Studio 1 L.B.T Kate		10.45-11.30 Studio 1 Fitball Niki	12.15-1.00 Studio 1 Kettlebells Jilly	11.15-12.00 Studio 2 Spin Ayesha
	11.15-12.00 Pool Splash Laura		11.45-12.30 Studio 2 Spin Kate		11.30-12.00 Studio 1 Abs Blast Niki	1.00-2.00 Studio 1 Pilates Jilly	
	12.00-12.45 Studio 1 L.B.T Kate		12.30.1.30 Studio 1 Classical Yoga Anne		12.00-12.45 Studio 1 Mini Ball Pilates Jilly		
EVENING 5pm till 10pm	5.30-6.15 Studio 1 Step Claire	5.15-6.00 Studio 1 Fitball Sue	5.30-6.15 Studio 1 Dance mix Vicky	5.15.6.00 Studio 2 Spin Jilly	6.15-7.00 Studio 2 Spin Sandra		
	6.15-6.45 Studio 1 Abs Blast Vicky	6.00-7.00 Studio1 Circuit Cheryl	5.30-6.15 Studio 2 Spin Laura	5.45-6.30 Studio 1 Aerobics Ayesha	7.00-7.30 Studio 1 Abs Blast Sandra		
	6.20-7.05 Studio 2 Spin Claire	7.00-7.45 Studio 2 Spin Fran	6.15-7.00 Studio 2 Spin Becca	6.30-7.30 Studio 1 Pump Ayesha			
	6.45-7.45 Studio 1 Pump Vicky	6.30-7.15 Pool Splash Karen	6.15-7.00 Studio 1 L.B.T Lisa	7.30-8.15 Studio 1 Boxercise Shaun			
	7.05-7.50 Studio 2 Spin Claire	8.00-9.00 Studio 1 Pilates Sandra	7.00-8.00 Studio 1 Boxercise Shaun	8.15-9.15 Studio 1 Pilates Lynn			



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.

