

Find the class that suits your lifestyle



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6.30am till 10am	09.30-10.00 1	Just Step Eirian	07.30-08.15 2	Spin & Abs Heidi	09.30-10.15 1	Aerobics Eirian	07.30-08.15 2	Spin & Abs Heidi	09.30-10.25 1	Aerobic Boot Camp Heidi	09.15-09.45 1	Aerobics Heidi		
			09.45-10.30 1	Get Active Aerobics Heidi			09.45-10.40 1	Total Tone Heidi			09.45-10.15 1	Total Tone Heidi		
DAYTIME 10am till 5pm	10.00-10.30 1	BLT Eirian	10.30-11.25 1	Total Tone Heidi	10.15-11.00 1	Total Tone Eirian	10.00-10.30 2	Easy Spin Eirian	10.30-11.30 1	BLT & Stretch Heidi	10.15-11.00	Pilates Workout Heidi	10.00-11.00 1	Boxercise
	10.35-11.35 1	Get Active Yoga Jeff	11.30-12.15 1	Stretch & Tone Jeff	11.00-11.45 1	Stretch & Relax Eirian	10.45-11.30 1	Pilates Workout Heidi						Starts 12th Sept
					12.15-12.45 2	Spin Ben	11.45-12.30 Pool	Aqua Eirian	12.15-13.00 2	Spin and Abs Heidi				
					12.15-13.00 Pool	Aqua Eirian	13.00-14.00 1	Get Active Dance Eirian	13.00-14.00 1	Yoga Ulrike				
EVENING 5pm till 10pm	17.45-18.45 1	Boot Camp Adam S	17.45-18.30 1	Aerobics Heidi			17.45-18.30 1	Step & Tone Didz						
	18.00-19.00 2	Spin & Stretch Didz	17.45-18.30 2	Spin Ben	18.00-19.00 1	Boot Camp Adam S	17.45-18.30 2	Spin Gavin						
	19.05-19.45 1	Abs & Backs Didz	18.30-19.30 1	Get Active Tone Heidi	19.35-21.00 1	Yoga Jeff	18.30-19.15 1	BLT Didz						



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.

