

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING		6.45-7.30 2 Spin Rachel		6.45-7.30 2 Spin Rachel	9.30-10.15 1 Boxercise Sam	9.00-9.45 2 Spin * Heidy	9.30-10.15 1 Pilates on Ball Melanie	
	9:15-10:00 2	9.30-10.30 1 Aerobics Rachel	9.30-10.15 1 Combat Circuit Paul	9.30-10.15 1 Aerobics Rachel	9.30-10.15 2 Spin * Julie	9.15-10.00 1 Aerobics Anita	9.30-10.15 2 Spin * Sam	
	09.30-10.30 1	Body Sculpt Sam						
	10.45-11.30	Pilates * Julie						
DAYTIME	11.30-12.15 1	Sixties Mix * Julie	9.30-10.15 Pool	10.15-11.00 2 Spin * Paul	10.30-11.15 1 Body Sculpt * Paul	10.30-11.15 Pool	10.30-11.15 2 Spin * Rachel	
	12.30-1.30 1	Yoga Michael	10.30-11.00 1 Body Sculpt Heidy	11.15-12.00 1 Boxercise Julie	10.30-11.00 2 Spin * Rachel	10.30-11.15 1 Body Sculpt Julie	10.30-11.15 1 Circuit Melanie	
	12.30-1.15 2	Spin * Eric	11.00-12.00 1 Activage Heidy	12.30-1.00 1 Bums & Tums Matthew	11.30-12.30 1 Pilates Jamal	11.30-12.30 1 Pilates-Yoga Mark	10.30-11.15 Pool Step(int/adv) Rachel	10.30-11.15 Aqua Sam
	12.45-1.30 Pool	Aqua Natalie	11.00-11.30 2 Spin * Rachel	1.00-2.00 1 Yoga Michael	12.30-1.15 1 Activage Rachel	11.30-12.15 2 Spin * Sam	12.00-1.00 1 Pilates Rebecca	11.30-12.30 1 Pump FX Sam
	1.30-2.00 1	Ab Blast Natalie						12.30-1.30 1 Hatha Yoga Claire
EVENING	5.30-6.00 1	Body Sculpt Melanie	5.30-6.00 1 Abs Blast Heidy	5.30-6.15 1 Kettlebell Boot * Camp - Paul	5.30-6.15 1 Aerobics Heidy	5.45-6.30 1 Strictly Dancing Kathryn		
	6.00-6.45 2	Spin * Rachel	6.00-6.45 2 Spin * Sam	5.45-6.15 2 Spin * Rachel	5.30-6.15 2 Spin * Julie	5.45-6.30 2 Spin * Aly		
	6.00-6.45 1	Boxercise * Natalie	6.00-6.45 1 Circuit Heidy	6.15-6.45 1 Bums & Tums Heidy	6.30-7.15 1 Body Sculpt * Heidy	6.30-7.15 1 Step(Int) Steve		
	6:15-7:15 Outdoors	Running Night Keith	6.45-7.30 1 Basic Step * Sam	6:15-7:00 Outdoors Running Night Keith	7.15-8.00 1 Boxercise * Sam	7.30-8.30 1 Yoga Michael		
	7.00-7.45 1	Streetdance * Rachel	7.00-7.30 2 Spin * Heidy	6.45-7.45 1 Step (all) Rachel				
	7.00-7.45 2	Spin * Natalie	7.30-8.15 1 Body Sculpt * Heidy	6.45-7.30 2 Spin * Heidy				
	8.00-8.45 1	Pilates Natalie	7.35-8.15 Pool Aqua Sam	7.45-8.45 1 Pilates Susanne				

All classes with a * please book your place at reception

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.