

Fitness Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes	8:30-9:45am Yoga** Ally		8.30-9.15am Pilates Lee	9.00-9.45am Pure Spin Yaba	8.30-9.30am Yoga Ally	10.00-11.00am AeroTone Lee
	10.00-11.00am 20/20/20 Lee	10.00-11.00am Pure Pump Andrea	9.20-10.05am Pilates Lee	9.00-9.45am Aqua Tone Lee	10.00-11.00am Legs, Bums & Tums Andrea	11.15-12.00pm Pilates Lee
	11.15-12:15pm Body Design Lee	11.15-12.00pm Aqua Tone Andrea	10.15-11.15am Zumba Andrea	10.00-11.00am Pure Pump Andrea	11.00-12.00am Belly Dancing Ally	
			11.30-12.15pm Abs Attack Andrea	11.15-12.15pm Supple Strength Andrea	1.00-2.00pm Parent & Toddler Swim	
Evening Classes		6.00-6.45pm Circuits Julia	6.00-6.45pm Pure Spin Sam	6.00-6.45pm H.I.I.T Julia		
	6:00-6:45pm Aqua Attack Lee	6.45-7.30pm Legs, Bums & Tums Julia	7.00-8.00pm Boxercise Sam	6.45-7.30pm Abs Attack Julia		
	7:00-7:30pm Pure Spin Sam					
	7:30-8:00pm Pure Spin Sam					

BOOKING PROCEDURES

Classes may be booked up to one week in advance.

Classes may change subject to staff holidays.

A minimum of 3 people are needed to run a class.

** These classes are not included with full membership.

To book a class please call us on 01945 871007