

# Fitness Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	9.00-9.45am <b>Body Design</b> Lee	10.00-11.00am <b>Pure Pump</b> Andrea	8.30-9.15am <b>Pilates</b> Lee				
	10.00-10.45am <b>Aqua Gym</b> Lee	10.30am - 11.30am <b>Postnatal Mum &amp; Baby Aqua**</b>	9.30-10.15am <b>Pilates</b> Lee	9.00-9.45am <b>Pure Spin</b> Lee	10.00-11.00am <b>Legs, Bums &amp; Tums</b> Andrea	9.15-10.00am <b>Pure Spin</b> Lee	
	10.00-10.30am <b>Pure Pump</b> Vaida		10.30-11.15am <b>Abs Attack</b> Andrea	10.00-11.00am <b>Pure Pump</b> Andrea		10.15-11.00am <b>Pilates</b> Lee	
	10.45-11.15am <b>Abs Attack</b> Vaida		10.30-11.15am <b>Aqua Tone</b> Lee	11.15am-12.00pm <b>Yoga</b> Andrea			
EVENING CLASSES	6.00-6.30pm <b>Pure Spin</b> Vaida	4.45-5.45pm <b>Dance Fusion</b> Carli		6.00-6.30pm <b>Pure Spin</b> Vaida			3.45-4.45pm <b>Aquanatal Yoga</b> Jess
	6.45-7.15pm <b>Pure Spin</b> Vaida			6.45-7.15pm <b>Pure Spin</b> Vaida			

## BOOKING PROCEDURES

Classes may be booked up to one week in advance.

Classes may change subject to staff holidays.

A minimum of 4 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**