

STUDIO TIMETABLE

OCT - DEC 2011



Monday

Time	Class	Instructor	Studio
09.30-10.15	New Body	Claire K	Studio
10.30-11.15	Aqua Aerobics	Claire K	Pool
11.15-12.00	Aqua Aerobics	Claire K	Pool
18.15-19.00	Pump	Claire B	Studio
19.00-20.00	Pilates Intermediate	Claire B	Studio
20.00-20.45	Spin	Claire B	Cycle Room

Tuesday

Time	Class	Instructor	Studio
09.30-10.30	**Conditioning Circuit	Darren	Studio
11.00-12.00	Tai Chi	Jean	Studio
18.15-19.00	Balance	Claire B	Studio
19.00-20.00	Zumba Course (£)	Holly	Studio
19.15-20.00	Spin	Elliot	Cycle Room
20.00-21.00	Boxercise	Dan	Studio

When to Book

Classes can be booked from 8am as follows:

Book on Monday for a Friday Class

Book on Tuesday for a Saturday Class

Book on Wednesday for a Sunday Class

Book on Thursday for a Monday Class

Book on Friday for a Tuesday Class

Book on Saturday for a Wednesday Class

Book on Sunday for Thursday class

Wednesday

Time	Class	Instructor	Studio
09.30-10.45	Yoga	Colin	Studio
09.30-10.15	Aqua Aerobics	Nikki	Pool
10.15-11.00	Aqua Aerobics	Nikki	Pool
11.00-12.00	Pilates Intermediate	Chloe	Studio
12.00 -13.00	Pilates Intermediate	Chloe	Studio
13.00-13.45	**Spin	Emma W	Cycle Room
18.15-19.00	LBT	Julie	Studio
19.00-20.00	Pump	Julie	Studio
20.00-21.00	Pilates Intermediate	Alla	Studio

Thursday

Time	Class	Instructor	Studio
09.30-10.15	Pump	Angie	Studio
10.15-11.00	New Body	Angie	Studio
11.00-12.00	Pilates	Sarah	Studio
18.15-19.15	Pilates	Pat	Studio
19.00-20.00	*Tennis Drills Session	Paul	Courts
19.15-20.30	Yoga	Paola	Studio
19.30-20.15	Aqua Aerobics	Tracy	Pool
20.30-21.15	Spin	Elliot	Cycle Room

** New Class *Subject to Weather (£)Paid Course

PILATES If you are new to Pilates classes we advise you to have a session with our Pilates Practitioner before taking part in our timetabled classes. Further details can be obtained from reception.

Friday

Time	Class	Instructor	Studio
09.00-09.45	Aqua Aerobics	Chloe	Pool
09.30-10.30	Pilates Intermediate	Pat	Studio
09.45-10.30	Aqua Aerobics	Chloe	Pool
10.45-11.30	Aqua Aerobics	Chloe	Pool
12.30-12.50	Ab Blast	Gym Team	Studio
19.15-20.15	Rocky Revolution	Dan & Elliot	Studio

Saturday

Time	Class	Instructor	Studio
08.45-09.30	Aqua Aerobics	Mel	Pool
09.15-10.15	Pump	Daren	Studio
09.30-10.15	Aqua Aerobics	Amanda	Pool
10.15-11.00	Spin	Daren	Cycle Room
11.00-12.00	Boxercise	Daren	Studio
14.00-15.00	*Tennis Drills Session	Paul	Courts

Sunday

Time	Class	Instructor	Studio
10.00-11.15	Yoga	Julia	Studio
16.00-16.45	Aqua Aerobics	Sarah	Pool
16.45-17.30	Aqua Aerobics	Sarah	Pool

LATE ARRIVALS Please ensure you are at the club and ready for your class 5 minutes before it is due to start. If you are NOT here your booking will be invalid and we will give your space to someone who is!!

UNABLE TO ATTEND A BOOKED CLASS Please let us know if you are unable to attend a pre-booked class as failure to do so will result in a £5 fee being charged to your membership.