

# CLASS TIMETABLE

Time	Class	Intensity	Location	Instructor
<b>MONDAY</b>				
08.00 – 09.00	Pilates Mat Based	3	Dance Studio	Jane
09.15 – 10.15	Yoga	2	Dance Studio	Janice
09.15 – 10.00	Aqua Aerobics **†	2	Pool	Jane
10.00	Rowton Runners	5	Reception	Gym Team
10.15 – 11.15	Tums & Bums	4	Dance Studio	Jane
12.00 – 13.00	Functional Fitness	2	Dance Studio	Marion
18.00 – 19.00	Aero Tone	4	Dance Studio	Jane
18.30 – 19.15	Spinning ***	5	Hall	Gym Team
19.00 – 20.00	Pilates Mat Based	4	Dance Studio	Jane
19.15 – 20.15	Kickboxing	5	Hall	Rachel
20.00 – 21.00	Step	4	Dance Studio	Janice
20.15 – 21.00	Aqua Aerobics **	4	Pool	Jane

<b>TUESDAY</b>				
09.15 – 10.15	Pilates Mat Based	3	Dance Studio	Jane
10.15 – 11.00	Swiss Ball Class	3	Dance Studio	Julie
10.30 – 11.30	Aqua Aerobics **	4	Pool	Jane
11.15 – 12.00	Aerobics	4	Dance Studio	Julie
11.30 – 12.00	Swim a Song		Pool	Jane
12.00 – 13.00	Functional Fitness	2	Studio	Marion
16.00 – 17.00	Ballet ©		Dance Studio	Annie
16.30 – 17.30	Racquet Coaching		Hall	Mike
17.00 – 18.00	Ballet ©		Dance Studio	Annie
17.30 – 18.30	Racquet Coaching		Hall	Mike
18.15 – 19.15	Belly Dancing	3	Dance Studio	Julia
18.45 – 19.30	Spinning ***	5	Hall	Gym Team
19.15 – 20.15	Yoga	2	Dance Studio	Janice
19.30 – 20.30	Masters Swim Set ***	5	Pool	Phil
19.45 – 20.30	Circuits	5	Hall	Gym Team

<b>WEDNESDAY</b>				
09.15 – 10.15	Aero Tone	4	Dance Studio	Jane
10.15 – 11.00	Body Conditioning	3	Dance Studio	Jane
11.00 – 12.00	Pilates Ball & Band	3	Dance Studio	Jane
11.15 – 12.15	Spinning ***	5	Hall	Sam
17.00 – 18.00	Fit Kids		Hall	Kids Team
18.00 – 18.45	Body Conditioning	3	Dance Studio	Jane
18.45 – 19.30	Pilates Ball & Band	3	Dance Studio	John
19.45 – 21.15	Yoga	2	Dance Studio	John
19.45 – 20.30	Aqua Aerobics **	4	Pool	Jane

<b>THURSDAY</b>				
09.15 – 10.15	Step 'O' Tone	4	Dance Studio	Janice
10.30 – 11.30	Aqua Aerobics **	3	Pool	Anne
10.30 – 11.30	Yoga	2	Dance Studio	Janice
12.00 – 13.00	Functional Fitness	2	Studio	Marion
18.00 – 19.00	Aikido +		Squash Courts	Richard
18.15 – 19.00	Spinning ***	5	Dance Studio	Gym Team
19.00 – 20.00	Aikido +		Squash Courts	Richard
19.15 – 20.15	Yoga	2	Dance Studio	Janice
19.30 – 20.30	Circuits	5	Hall	Gym Team

<b>FRIDAY</b>				
09.15 – 10.15	Aero Tone	4	Dance Studio	Jane
09.30 – 10.00	Mini Fit Kids		Squash	Amanda
10.15 – 11.00	Pilates Mat Based	3	Dance Studio	Jane
10.15 – 11.00	Spinning ***	5	Hall	Gym Team
11.00 – 11.45	Yoga	2	Dance Studio	Jane
17.00 – 18.00	Fit Kids		Hall	Kids Team
18.30 – 19.30	Spinning ***	5	Hall	Gym Team
18.30 – 19.30	Nia	2	Dance Studio	Mary/Claire
19.30 – 21.30	Table Tennis		Dance Studio	Mike

<b>SATURDAY</b>				
09.00 – 09.45	Spinning ***	5	Dance Studio	Gym Team
09.00 – 13.00	Swimming Lessons +		Pool	Phil
10.00 – 11.00	Step	4	Dance Studio	Janice
10.30 – 12.30	Aikido +		Squash Courts	Richard

<b>SUNDAY</b>				
10.00 – 12.00	Aqua Fun **		Pool	Kids Team
10.30 – 11.30	Pilates Mat Based	3	Dance Studio	Jane
11.30 – 12.00	Meditation	1	Dance Studio	Jane

\*\* Members only \*\*\* Pre-bookable + Additional charge made † For beginners

© Term time only Intensity: 1 = Very Easy 5 = Very Strenuous