










Open Times	7.00	10.00	12/12.30		12.30/1.00	4.00 / 5.00	5.30	6.00	7.00/8.00	
MONDAY 6.30- 9.45 Off Peak 6.30 – 5.30	 Bring the Baby classes New mothers can bring their babies Sorry, no toddlers. (You can also come without a baby).		12.00 Spin 30min Amy ALL LEVELS	12-12.45 Aerobic Circuit Deborah ALL LEVELS	12.45-1.30  Amy ALL LEVELS	4.30-5.30 Pilates  Michael ALL LEVELS	6.30 Spin Nicole ALL LEVELS	 Maria ALL LEVELS	7 - 8 Body Sculpt Nicole ALL LEVELS	8 – 9 Belly Dancing Elif 5 wk Beginner courses Starts 20 th Feb
TUESDAY 6.30- 9.45 Off Peak 6.30 – 5.30	7.15 – 8.15 Pilates Sam W ALL LEVELS	Step & Tone Amy Beginners Welcome 	12.30 – 1.15 Spin Amy ALL LEVELS		12.30-1.30 Yoga Ann BEG/INT	4.30 – 5.15 Power Circuit 45min Deborah ALL LEVELS	5.30 Spin 30 mins Sallie ALL LEVELS	6.20 – 7.20 Body Combat Sallie ALL LEVELS	7.30-9.00 Ashtanga Yoga Debbie GENERAL	
WEDS 6.30- 9.45 Off Peak 6.30 – 5.30		Pilates Miriam ALL LEVELS Beginners welcome	12 - 12.30 Laughter Yoga <i>Laugh and lift your spirit</i> Chandra ALL LEVELS	12.45-1.30  Charmaine ALL LEVELS			5.30 - 6.30 Bums & Tums Charmaine ALL LEVELS	6.35 –7.35 Pump it! Halina ALL LEVELS	8 – 9.00 Restorative Yoga Adele ALL LEVELS	
THURS 6.30– 9.45 Off Peak 6.30 – 5.30	7 – 7.45 Spin Melissa ALL LEVELS	Total Body Conditioning Amy ALL LEVELS 	12.00 30 min Spin + Resistance Bands Charmaine ALL LEVELS	12:45-1:30  Amy ALL LEVELS	5.30-6.30 Hatha Yoga Ann ALL LEVELS	6.45 Spin 30min Nicole ALL LEVELS	6.30  Amy ALL LEVELS	7.30 – 8.30  Nicole ALL LEVELS		
FRIDAY 6.30– 9.00 Off Peak 6.30 – 6.30	New class New instructor	9.30 – 10.30 ZUMBA Lizi Suitable for Beginners 	 ZUMBA fitness	12.30 – 1.30 Pump & Abs Sallie ALL LEVELS		5.30-6.30 Power Pilates Geri INTERMEDIATE 	6.30 – 7.30 Street Dance From 10 th Feb Gwen Jno- Baptiste ALL LEVELS	7.00 Spin 45 mins Sara ALL LEVELS		
SATURDAY 8.30 – 6.00 Off Peak 12 – 6.00	9.30 Body Workout Jan ALL LEVELS	10.45 – 11.30 Pump It! Chris ALL LEVELS	11.30 – 12.30 Body Combat Chris ALL LEVELS	12:30-1:30  Charmaine ALL LEVELS	1.30 – 2.45 Gentle Yoga (Dru)	3.00 – 4.00 Pilates Jocelynne	RUN OUTDOORS – Every Wednesday 6pm with Mary. Meet at reception STREET DANCE Friday 6.30 – 7.30pm			
SUNDAY 8.30 – 6.00 Off Peak ALL DAY	10 – 10.55 Step + Tone Tina ALL LEVELS		11.00 – 12.30 Ashtanga Yoga Debbie INT/ADV	12.30 – 1.30 Ashtanga Yoga Debbie BEGINNERS	New Classes Wednesday 12-12.30 Laughter Yoga A class where you laugh in a series of led exercises. You certainly feel good afterwards! The yoga part relates to breathing and not yoga exercises. Monday Evening 8 – 9pm Belly Dancing 5 week course 20th Feb Beginner Level with Elif £30 members; £40 non-members					