

Open Times	7.00	10.00	12/12.30	12.30/1.00	4.00 / 5.00	5.30	6.00	7.00
MONDAY 6.30- 9.45	*** are classes where new mothers can bring their baby You can also come without a baby		Spin 30min Amy ALL LEVELS	12.45-1.30 Bums & Tums Amy ALL LEVELS	4.30-5.30 Pilates Michael ALL LEVELS ***	6.30 Spin 30min Geri ALL LEVELS	Latin Dance Aerobics Suzette ALL LEVELS	Body Sculpt Amy/Geri ALL LEVELS
TUESDAY 6.30- 9.45	7.15 – 8.15 Pilates Emma ALL LEVELS	Step & Tone Amy Beginners Welcome ***		12.30-1.30 Yoga George INT/ADV		5.30 Spin 30min Amy ALL LEVELS	6.20 – 7.20 Body Combat Sallie ALL LEVELS	7.30-9.00 Ashtanga Yoga Debbie ALL LEVELS
WEDS 6.30- 9.45		Pilates Eleanor ALL LEVELS Beginners welcome		12.30 – 1.15 Spin & Circuit Geri ALL LEVELS		5.30 - 6.30 Bums &Tums Charmaine ALL LEVELS	6.00 Running Outdoors Mary Beginners Welcome	6.45 –7.45 Pump it! ALL LEVELS
THURSDAY 6.30– 9.45	7 – 7.40 Spin Sharon ALL LEVELS	Total Body Conditioning Amy ALL LEVELS ***	12.30 Spin 30min Charmaine ALL LEVELS	1.00 – 1.45 Cardio Kick Fit Amy ALL LEVELS		6.00 Spin 30min Geri ALL LEVELS	6.30 Aerobics Halina ALL LEVELS	7.30 – 8.30 Ashtanga Yoga Debbie ALL LEVELS
FRIDAY 6.30– 9.00				12.30 – 1.30 Pump & Abs Sallie ALL LEVELS		5.30 Yolates Jocelynne ALL LEVELS ***	New from 13th August Dru Yoga Edith Ewald ALL LEVELS	7 – 7.40 Spin Amy ALL LEVELS
SATURDAY 8.30 – 6.00	9.30 Body Workout Karen ALL LEVELS	10.30 Spin 45min Karen ALL LEVELS	11.30 – 12.30 Body Combat * Sallie ALL LEVELS	3.00 – 4.00 Pilates Jocelynne ALL LEVELS	<p>ALSO AVAILABLE</p> <p>Weight loss programmes; personal training; fully equipped gym; Vibrogym; steam room; beauty and massage. Special summer membership offers</p> <p>* Off-peak members can attend this Saturday class Classes in blue/orange/yellow boxes can be attended by non-members.</p>			
SUNDAY 8.30 – 6.00	10 – 10.55 Step + Tone Tina ALL LEVELS	10.30 Spin 45min Sharon ALL LEVELS	11.00 – 12.30 Ashtanga Yoga Debbie INT/ADV	12.30 – 1.30 Ashtanga Yoga Debbie BEGINNERS				