


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30-10.30 Body Tone Alison Mead*	9.25-10.25 Circuit Julia Aitchison**	9.15-10.15 Spin Amanda Crouch**	9.15-10.15 Spin & Ball Amanda Pasola **	9.30-10.30 Circuit Julia Aitchison**	9.25-10.25 Boxercise Lisa Rush***
10.30-11.15 Aquacise Rachel Ryan*	10.30-11.30 Tone to the Core Sam Gear*	10.30-11.30 Aerobics Julie Higgins*	10.30-11.30 Body Tone (BLT) Julie Higgins*	9.15-10.00 Aquacise Sam Gear*	10.30-11.30 Step & Tone Alison Mead**
10.35-11.35 Aerobics Alison Mead**	18.30-19.30 Yoga Kathy Lawrence*	11.45-12.00 Abs Workout Fitness Instructor*	10.30-11.15 Aquacise Rachel Ryan**	10.45 - 11.45 Zumba & Abs Nicola Howells**	
12.00- 13.00 Chairobics Julie Higgins*	20.00-21.00 Step Alison Mead**	12.15-13.15 Pilates Alison Castleton*	11.45-12.45 Yoga Kathy Lawrence*	12.15-13.15 Pilates Alison Castleton*	Sunday 10.00-11.00 Body Blast Various Ins.**
19.00-20.00 Power Pump Amanda Pasola**		19.00-20.00 Spin+Tone Amanda Pasola***	19.00-20.00 Cycle Fit Nicola Howells**		11.15-12.15 Street Dance Debbie Beard*
20.00-21.00 Pilates Alison Castleton*		20.00-21.00 Zumba Debbie Beard**	20.00-20.45 Aquacise Rachel Ryan**		
			20.00-21.00 Pump and Tone Sam Gear**		

Class levels

* General ** Intermediate *** Advanced

If you are unsure of levels, please ask a member of staff

 NEW CLASS

Club Guidelines

Due to the need for the structured warm up and the nature of the classes, the club insists there will be no entry into a class 5 minutes after the start time.

In order to guarantee your place we recommend that you book in advance. Classes can be booked 6 days in advance at reception