

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>BOOKABLE</u>	<u>MEMBERS PRICES</u>	<u>CONTACT INFORMATION</u>
<u>Monday</u>	7.30am – 8.15am	Spinning	Yes	£4.50	Matt, Sam or Sammy
	9.30 am – 10.45am	Pilates	Yes	See Emily	Emily Wadman - 207723
	9.30am – 10.30am	Total Body workout	No	£4.50	Natasha, Matt
	11.00am – 12.00pm	Spinning	Yes	£4.50	Natasha
	6.00pm – 7.00pm	NIA	No	£5.00	Melanie Griffiths - 07854082641
	7.00pm – 8.00pm	Circuits	No	£4.50	Sam or Matt
	7.00pm – 8.00pm	Zumba	No	£5.00	
	8.15pm – 9.00pm	Spinning	Yes	£4.50	Matt, Sam or Sammy
<u>Tuesday</u>	9.30am – 10.30am	Legs, Bums and Tums	No	£4.00	Gail Rogers
	9.30am – 11.00am	Badminton	No	£2.00	
	10.45am – 11.30am	Zumba	No	£5.00	
	9.30am – 12.00pm	Short Mat Bowls	No	£2.00	
	11.30am – 1.00pm	Compact Tennis	No	£2.00	
	5.45pm – 6.45pm	Pilates (Beg/int)	Yes	See Liz	Liz Marks – 495911
	6.30pm – 7.30pm	Aerobics	No	£4.50	Amanda
	6.50pm – 7.45pm	Pilates (Intermediate)	Yes	See Liz	Liz Marks – 495911
	8.00pm – 9.00pm	Pilates (Advanced)	Yes	See Liz	Liz Marks – 495911
		9.30am – 10.30am	NIA	No	£5.00
<u>Wednesday</u>	11.00am – 12.00pm	Pilates (Beg/Int)	Yes	See Liz	Liz Marks – 495911
	2.00pm – 3.00pm	Yoga	No	Contact Hilary	Hilary - 491081
	2.30pm – 3.30pm	Compact Tennis	No	£2.00	
	6.00pm – 6.45pm	Spinning	Yes	£4.50	Matt, Sam or Sammy
	7.00pm – 7.45pm	Spinning	Yes	£4.50	Matt, Sam or Sammy
	8.00pm – 9.00pm	Yoga	No	£4.50	Claire Smith
		9.15am – 10.15am	Cardio Pilates	Yes	See Liz
<u>Thursday</u>	10.00am – 11.00am	Circuits	No	£4.50	
	10.30am – 12.00am	Circle Dancing	Yes	See Brenda	Brenda Kelly - 842405
	2.30pm – 4.00pm	Compact Tennis	No	£2.00	
	4.15pm – 5.15pm	Pilates(Beg)	Yes	See Liz	Liz Marks – 495911
	5.40pm – 6.40pm	Pilates (Int)	Yes	See Liz	Liz Marks - 495911
	7.00pm – 8.00pm	Urban Rebounding	No	£4.50	Sam or Matt
	8.15pm – 9.00pm	Spinning	Yes	£4.50	Sam or Matt
		7.30am -8.15am	Spinning	Yes	£4.50
<u>Friday</u>	9.30am – 10.30am	Urban Rebounding	Yes	£4.50	Natasha, Matt or Sam
	9.30am – 10.30am	Yoga	No	£4.50	Trisha
	11.00am – 12.00am	Spinning	Yes	£4.50	Matt, Sam or Sammy
		8.00am – 8.45am	Spinning	Yes	£4.50
<u>Saturday</u>	9.00am – 9.45am	Spinning	Yes	£4.50	Matt, Sam or Sammy
		11.00am -12.00pm	Spinning	Yes	£4.50
<u>Sunday</u>					

For more information please contact reception – 01273 494984

New class time table 2012