

Class Timetable May 2012

Monday

| | | | |
|-------------|-------------------------|------------------------|----------|
| 6.00-7.00pm | Circuit Training | Instructor: Gaz/Hannah | Studio 2 |
| 7.00-8.00pm | Cardio Combat | Instructor: Megan | Studio 2 |

Tuesday

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|-------------|------------------------|----------------------|----------|
| 6.00-7.00pm | Step & Tone | Instructor: Hannah | Studio 2 |
| 7.00-8.00pm | Boxfit | Instructor: Harrison | Studio 2 |
| 8.00-9.00pm | Aqua Aerobics | Instructor: Jen | Pool |

Wednesday

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|-------------|------------------|--------------------|----------|
| 6.00-7.00pm | Zumba | Instructor: Jen | Studio 2 |
| 7.00-8.00pm | Yogalates | Instructor: Alison | Studio 2 |

Thursday

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|-------------|----------------------|-------------------|----------|
| 6.00-7.00pm | Cardio Combat | Instructor: Megan | Studio 2 |
| 7.00-8.00pm | BootCamp | Instructor: Megan | Studio 2 |

Friday

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|-------------|-------------------|-----------------|----------|
| 6.00-7.00pm | Body Blast | Instructor: Jen | Studio 2 |
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Saturday

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|---------------|--------------|-----------------|----------|
| 10.30-11.30am | Zumba | Instructor: Jen | Studio 2 |
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Classes are free for members. £3.50 to non members (£5.00 for Thursday's BootCamp)

Limited places are available for Thursday's BootCamp, to book your place please contact reception.

Cuban Salsa Classes - Tuesday evenings at 7.30pm and 8.30pm. These classes are priced at £3.50 for members and £5.00 for non members.

Please see reception for more information.

