

Day	Class	Time	Instructor	Level
Monday	Spinning	7.00 - 7.45am	Camilla	ALL
	Tri-Challenge	9.30 - 10.25am	Tracey	ALL
	Salsacise	10.30 - 11.25am	Tom	ALL
	Aquacise	11.00 - 11.45pm	Myra	ALL
	Pump	11.30 - 12.25pm	Chrissy	ALL
	Pilates	12.30 - 1.25pm	Richard	ALL
	Body Conditioning	6.00 - 6.55pm	Tracey	ALL
	Aqua Fit	6.30 - 7.15pm	Camilla	ALL
	Spinning	6.30 - 7.15pm	Mark	ALL
	Pilates	7.00 - 7.55pm	Tracey	ALL
	Spinning	7.30 - 8.30pm	Mark	ALL
	Jeet Kune Do	7.00 - 9.00pm	Sunil	ALL
Tuesday	Ladies Circuits	9.30 - 10.15am	Kirsty	ALL
	Chi Ball	10.30 - 12.00pm	Debbie	ALL
	Pilates	12.30 - 1.25pm	Richard	ALL
	Yoga	5.30 - 6.25pm	Derek	ALL
	Aerobic Moves	6.30 - 7.25pm	Tony	ALL
	Spinning	7.30 - 8.30pm	Charlotte	ALL
	Circuits	7.30 - 8.25pm	Tony	ALL
Wednesday	Spinning	7.00 - 7.45am	Kirsty	ALL
	Spinning	9.30 - 10.15am	Camilla	ALL
	Body Conditioning	10.15 - 11.10am	Linda	ALL
	Stretch	11.15 - 12.10pm	Linda	ALL
	Aquacise	12.30 - 1.15pm	Linda	ALL
	Fitball	6.00 - 6.55pm	Zanna	ALL
	Spinning	7.00 - 7.45pm	Dan	ALL
	Body Conditioning	7.00 - 7.55pm	Tracey	ALL
Yoga	8.00 - 9.30pm	Val	ALL	

Day	Class	Time	Instructor	Level
Thursday	Yoga	9.30 - 10.55am	Derek	ALL
	Step	11.00 - 11.55pm	Richard	ALL
	Fitball	12.00 - 12.55pm	Richard	ALL
	Salsacise	6.00 - 6.55pm	Linda	ALL
	Spinning	6.30 - 7.15pm	Julie M	ALL
	Fitness Yoga	7.00 - 7.55pm	Linda	ALL
	Spinning	7.30 - 8.30pm	Mark	ALL
	Pilates	8.00 - 8.55pm	Myra	ALL
	Friday	Legs, Bums & Tums	9.30 - 10.25am	Zanna
Spinning		9.45 - 10.30am	Tracey	ALL
Over 50s Circuit		10.30-11.15am	Gym Team	ALL
Aerobics		10.30 - 11.15am	Ruth	ALL
Chi ball		11.30 - 12.25pm	Debbie	ALL
Pilates		12.30 - 1.25pm	Zanna	COURSE
Pilates		1.30 - 2.25pm	Zanna	INTER
Saturday	Pump	6.00 - 6.45pm	Ruth	ALL
	Spinning	9.15 - 10.15am	Ian	ALL
	Spinning	10.30 -11.15am	Ian	ALL
	Body Conditioning	10.30 - 11.25am	Tracey	ALL
Sunday	Body Conditioning	9.30 - 10.25am	Julie	ALL
	Spinning	10.00 - 11.00am	Michelle	ALL
	Aerobics	10.30 - 11.25am	Julie M	ALL

All classes are subject to change. Booking essential  
Pilates Courses need to be booked  
All classes can be booked 1 week in advance. Tel: 01438 313320  
Please bring a water bottle and a sweat towel to all classes

## Winter Timetable