



Fitness Classes Saturday 4th September - December 2010

Monday

A	■	9.30am - 10.25am	S1	Body Combat™
A	■	10.30am - 11.30am	S1	Studio Strength
●	■	5.15pm - 5.50pm	S3	Teen Cycle
●	■	5.45pm - 6.45pm	H	Zumba® Unleashed
B	■	5.45pm - 6.30pm	H2	Body Combat™
A	■	6.00pm - 6.55pm	S1	Pure Tone
A	■	6.00pm - 6.55pm	S2	Legs Bums Tums
B	■	6.00pm - 6.40pm	S3	Studio Cycle
B	■	7.00pm - 7.45pm	S2	Abs
A	■	7.00pm - 7.55pm	S1	Body Step™
A	■	7.00pm - 7.55pm	H2	Circuits
B	■	7.00pm - 8.00pm	S3	Endurance Cycle
●	■	8.00pm - 9.00pm	S2	Zumba®
A	■	8.05pm - 9.05pm	S1	Yoga

Tuesday

●	A	■	9.45am - 10.45am	S2	Zumba®
●	A	■	10.00am - 10.55am	S1	Body Step™
●	A	■	11.00am - 12.00pm	S1	Music & Movement
B	■	12.20pm - 1.00pm	S3	Studio Cycle	
B	■	6.00pm - 6.40pm	S3	Studio Cycle	
●	A	■	6.00pm - 6.55pm	S1	Zumba®
A	■	6.00pm - 7.00pm	S2	Swiss Ball Tone	
B	■	7.00pm - 7.40pm	S3	Studio Cycle	
A	■	7.00pm - 7.55pm	S1	Studio Strength	
A	■	8.05pm - 9.05pm	S1	Body Attack™	

Wednesday

B	■	7.00am - 7.40am	S3	Studio Cycle	
A	■	10.00am - 10.55am	S1	Legs Bums Tums	
A	■	10.00am - 11.00am	S2	Body Combat™	
B	■	11.00am - 11.40am	S3	Studio Cycle	
●	A	■	11.00am - 12.00pm	S1	Body Balance™
B	■	6.00pm - 6.40pm	S3	Studio Cycle	
A	■	6.00pm - 6.55pm	S1	Boot Camp	
B	■	7.00pm - 7.40pm	S3	Beginner Cycle	
A	■	7.00pm - 7.55pm	S1	Yoga	
A	■	7.00pm - 7.55pm	H2	Body Combat™	
●	A	■	8.05pm - 8.50pm	S2	Body Balance™
A	■	8.00pm - 9.00pm	S1	Legs Bums Tums	

Thursday

B	■	9.30am - 10.10am	S3	Studio Cycle	
A	■	10.00am - 10.55am	S1	Body Attack™	
B#	■	10.15am - 11.00am	S2	Abs	
●	A	■	11.00am - 12.00pm	S1	Body Balance™
B	■	6.00pm - 6.40pm	S3	Studio Cycle	
A	■	6.00pm - 6.55pm	S1	Studio Strength	
A	■	7.00pm - 7.55pm	S2	Dance Fit	
B	■	7.00pm - 7.40pm	S3	Studio Cycle	
A	■	7.05pm - 8.00pm	S1	Boxercise	
B	■	8.05pm - 8.50pm	S1	Body Attack™	

Friday

B	■	7.00am - 7.40am	S3	Studio Cycle	
A	■	9.30am - 10.30am	S2	Body Attack™	
A	■	9.45am - 10.40am	S1	Studio Strength	
B	■	10.00am - 10.40am	S3	Studio Cycle	
A	■	10.45am - 11.45am	S2	Yoga	
●	A	■	11.00am - 12.00pm	S1	Music & Movement
B	■	5.30pm - 6.15pm	S3	Studio Cycle	
A#	■	5.30pm - 6.25pm	S1	20 20 20	
A	■	6.30pm - 7.25pm	S1	Body Combat™	
A	■	7.00pm - 8.00pm	S2	Body Step™	
●	A	■	7.30pm - 8.30pm	S1	Body Balance™

Saturday

A	■	9.00am - 9.55am	S2	Chakra Yoga
B	■	10.00am - 10.45am	S3	Studio Cycle
A	■	11.00am - 12.00pm	S2	Swiss Ball Tone

Sunday

A	■	9.00am - 9.55am	S1	Body Step™	
B	■	9.30am - 10.10am	S3	Studio Cycle	
●	A	■	10.00am - 11.00am	S2	Family Circuits
A	■	10.00am - 10.55am	S1	Studio Strength	
A	■	11.05am - 12.00pm	S2	Yoga: (1st Sunday of each month 11.05am - 1.00pm)	

- Cardiovascular
- Toning
- Strength
- Yoga
- Studio Cycling
- # Not on during holidays



Non Member Class Prices

Band A £5.50
Band B £4.80

Non members are required to make payment at time of booking. Refunds will not be issued for non attendance.

We reserve the right to discontinue classes with very low attendance at short notice.

All classes are included in the inclusive membership