



Fitness Classes 26th April - 31st August 2010

Band	Time	Area	Class
Monday			
A	9.30am - 10.25am	S1	Body Combat™
A	10.30am - 11.30am	S1	Studio Strength
A	5.45pm - 6.45pm	H	Body Combat™ Unleashed
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
A	7.00pm - 7.55pm	S1	Body Step
B	7.00pm - 7.45pm	S2	Abs
A	7.00pm - 7.55pm	H2	Circuit Challenge
B	7.00pm - 8.00pm	S3	Endurance Cycle
A	8.00pm - 9.00pm	S1	Yoga

Band	Time	Area	Class
Tuesday			
A	9.45am - 10.45am	S2	Dance Fit
A	10.00am - 10.55am	S1	Body Step
A	11.00am - 12.00pm	S1	50+ Workout
B	12.20pm - 1.00pm	S3	Studio Cycle
B	6.00pm - 6.40pm	S3	Studio Cycle
A	6.00pm - 6.55pm	S1	Cardio Dance
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	8.00pm - 9.00pm	S1	Body Attack™

Band	Time	Area	Class
Wednesday			
B	7.00am - 7.40am	S3	Studio Cycle
A	10.00am - 10.55am	S1	Legs Bums Tums
B	11.00am - 11.40am	S3	Studio Cycle
A	11.00am - 12.00pm	S1	Body Combat™
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™
B	8.00pm - 8.45pm	S2	Swiss Ball Tone
A	8.00pm - 9.00pm	S1	Legs Bums Tums

Band	Time	Area	Class
Thursday			
A	9.30am - 10.25am	S3/2	Cardio Cycle Circuits
A	10.00am - 10.55am	S1	Body Attack™
B#	10.30am - 11.15am	S2	Abs
A	11.00am - 12.00pm	S1	50+ Workout
B	6.00pm - 6.40pm	S3	Studio Cycle
A	6.00pm - 6.55pm	S1	Studio Strength
A	7.00pm - 7.55pm	S1	Dance Fit
B	7.00pm - 7.40pm	S3	Studio Cycle
A	7.05pm - 8.00pm	H2	Boxercise
B	8.05pm - 8.50pm	S1	Body Attack™

Band	Time	Area	Class
Friday			
B	7.00am - 7.40am	S3	Studio Cycle
A	9.45am - 10.40am	S1	Studio Strength
A	10.00am - 10.40am	S3	Studio Cycle
A	10.45am - 11.45am	S1	Body Attack™
A	10.45am - 11.45am	S2	Yoga
B	5.30pm - 6.15pm	S3	Studio Cycle
A#	5.30pm - 6.25pm	S1	20 20 20
A	6.30pm - 7.25pm	H2	Body Combat™
A	6.30pm - 7.25pm	S1	Body Step

Band	Time	Area	Class
Saturday			
A	9.00am - 9.55am	S2	Chakra Yoga
B	10.00am - 10.45am	S3	Studio Cycle
A	10.00am - 10.55am	S2	Pure Tone/Dyna Bands
A	11.00am - 12.00pm	S2	Swiss Ball Tone

Band	Time	Area	Class
Sunday			
A	9.00am - 9.55am	S1	Body Step
B	9.30am - 10.10am	S3	Studio Cycle
A	10.00am - 11.00am	S2	Beginner Circuits
A	10.00am - 10.55am	S1	Studio Strength
A	11.05am - 12.00pm	S1	Yoga Relax:

(1st Sunday of each month 11.05am - 1.00pm)

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

- S1 Studio 1
- S2 Studio 2
- S3 Studio Cycle
- H Main Hall
- H2 Hall

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.