

## CLASS TIMETABLE FOR JANUARY 2020.

<u>Monday</u>	<u>Time</u>	<u>Instructor</u>
SPINNING	7.00am-7.45am	Gym Team – booking applies
ZUMBA	9.00am – 10.00am	Bart
ZUMBA	10.00am-11.00am	Bart
HATHA FLOW YOGA	11.00am-12.00pm	Lynn
PILATES	12.15pm-1.15pm	Anthony – booking applies
PILATES	1.25pm-2.25pm	Anthony – booking applies
AQUA - POOL	1:30pm-2:15pm	Carole Glynn
AQUA - POOL	2:15pm-3.00pm	Carole Glynn
BOXERCISE	5.30pm- 6.00pm	Gym Team – booking applies
HI/LOW AEROBICS	6.00pm-7.00pm	Debbie
YOGA	7:05pm-8:05pm	Pam
CIRCUITS	8.15pm-9pm	Josh
<u>Tuesday</u>	<u>Time</u>	<u>Instructor</u>
BOXERCISE	7:00am – 7:45am	Gym Team – booking applies
AEROBICS	9:30am – 10:30am	Debbie
TOTAL BODY WORKOUT	10:35am-11:35am	Michelle – booking applies
SPIN	11:45am-12:30pm	Gym Team – booking applies
YOGA Beg/Int	1:30pm-2:30pm	Ian
TAI CHI	2:45pm-3:45pm	Jane C
METAFIT	5:30pm-6.00pm	Anthony
BODY SCULPTURE	6:00pm-6.45pm	Debbie
STEP	6.45pm – 7.30pm	Debbie
SPINNING	7.45pm – 8.30pm	Gym Team – booking applies
<u>Wednesday</u>	<u>Time</u>	<u>Instructor</u>
BOOTCAMP	6:45am-7:30am	Anthony *Additional payment
STRETCH/FLEX	9.00am-9.30am	Gym Team
ABS BLAST	9:30am-10.00am	Gym Team
PUMP	10.00am-11:00pm	Michelle-booking applies
TOTAL BALANCE	11:00am-12:00pm	Michelle-booking applies
AQUA - POOL	12:15pm-1:15pm	Heather
PILATES	1:30pm - 2:30pm	Anthony – booking applies
YOGA	2:35pm-3:35pm	Phil
LEGS,BUMS & TUMS	5:30pm-6:00pm	Emma – booking applies
PILATES	6:00-7:00pm	Anthony – booking applies
ZUMBA	7:00-8:00pm	Ornella

<b><u>Thursday</u></b>	<b><u>Time</u></b>	<b><u>Instructor</u></b>
SPINNING	7.00am -7.45am	Gym Team – booking applies
PUMP	9.30am-10.30am	Lesley – booking applies
TOTAL BODY WORKOUT	10:40am-11:40am	Lesley – booking applies
PILATES	11:40am-12:40pm	Anthony – booking applies
HI/LOW AEROBICS	6.00pm-7.00pm	Debbie
HATHA FLOW YOGA	7:05pm-8:05pm	Lynn
CIRCUITS	8:10pm-9:10pm	Josh
AQUA - POOL	8:15pm-9:15pm	Carole Glynn

<b><u>Friday</u></b>	<b><u>Time</u></b>	<b><u>Instructor</u></b>
FUNCTIONAL FITNESS	7:00am-7:45am	Josh – booking applies
AQUA - POOL	8:30am-9:15am	Carole Jepson
BOXERCISE	9.00am – 9.40am	Gym Team – booking applies
AQUA - POOL	9:15am-10.00am	Carole Jepson
PUMP	9:45am – 10:45am	Lianne – booking applies
PILATES	10:50am-11:50am	Lianne – booking applies
BEGINNER’S CIRCUITS	4:00pm-4:45pm	Emma
SPINNING	5.30pm-6.15pm	Gym team – booking applies
PILATES	6:30pm-7.15pm	Anthony - booking applies
YOGA	7:20pm-8:20pm	Pam

<b><u>Saturday</u></b>	<b><u>Time</u></b>	<b><u>Instructor</u></b>
SPINNING	9.00am – 9.45am	Gym Team - booking applies
PUMP	10:00am-10:45am	Michelle - booking applies
ZUMBA	11:00am-12:00pm	Ornella
*JUNIOR FITNESS 10-15yrs	2:15pm-3:00pm	Gym Team – booking applies
*Weeks 1 and 3 only		

<b><u>Sunday</u></b>	<b><u>Time</u></b>	<b><u>Instructor</u></b>
BOXERCISE	9.15am -10.00am	Gym Team - booking applies
SPINNING	10.30am –11.15am	Gym Team – booking applies

\*Please note: During AQUA classes there will be a lane guide positioned to make the pool available to all users

\*Kids Fit Club registration form must be completed & booking is essential

\*To book classes you need to ring two days in advance on **01925 730 000**

### **Children Swimming Times**

**Monday:** 9am-12pm and 3pm-6pm

**Tuesday:** 9am-12pm and 3pm-6pm

**Wednesday:** 9am-12pm and 3pm-6pm

**Thursday:** 9am-12pm and 3pm-6pm

**Friday:** 10am-12pm and 3pm-6pm

**Weekends:** 9am-12pm and 3pm-7pm