

STUDIO TIMETABLE

Time	Class Title	Description	Instructor	Level
Monday				
09.30-10.15	Dancefit	Cardiovascular workout	Niki	Gen
10.30-11.30	Pilates	Mind/Body	Marie	Gen
11.40-12.10	50+ Aqua	Water Based Workout	Marie	Gen
18.30-19.15	Aqua Aerobics	Water Based Workout	Carol	Gen
18.30-19.15	Spin	Cardiovascular Workout	Vicky	I/II
19.30-20.15	Body Sculpt	Upper/Lower Body Workout	Karen	Gen
Tuesday				
09.30-10.30	Pilates	Mind/Body	Marie	Gen
10.45-11.45	Spin & Tone	Cardiovascular Workout	Marie	I/II
18.30-19.15	Aerobics	Cardiovascular Workout	Carol	I
19.30-20.30	LBT	Lower Body Workout	Carol	Gen
Wednesday				
09.30-10.30	Fat Burner	Cardiovascular Workout	Vicky	I
10.30-11.00	On The Ball	Core Stability Workout	Vicky	Gen
11.00-12.00	Adult Ballet	Cardiovascular Workout	Rachael	Gen
10.30-11.30	Power Walk	Cardiovascular Workout	Linda	Gen
18.30-19.25	Pilates	Mind/Body	Marie	Gen
19.30-20.15	Aqua Aerobics	Cardiovascular Workout	Karen	Gen
19.30-20.15	Spin	Cardiovascular Workout	Marie	II
20.30-21.15	Total Circuit	Circuit Based Workout	Karen	II
Thursday				
09.30-10.15	Total Tone	Upper/Lower Body Workout	Niki	I/II
10.30-11.30	Yoga	Holistic Workout	Niki	Gen
18.15-19.00	Spin	Cardiovascular Workout	Karen	I/II
20.00-21.00	Tai Chi Fitness	Holistic Workout	Rita	Gen
Friday				
09.30-10.15	Total Tone	Upper/Lower Body Workout	Vicky	I/II
10.15-11.00	Aqua Tone	Water Based Workout	Carol	Gen
11.00-12.00	Yoga (Hatha)	Holistic Workout	Rita	Gen
16.15-17.00	Kidz club	Cardiovascular Workout	Rachael	10-15
18.30-19.15	Spin	Cardiovascular Workout	Vicky	I/II
Saturday				
9.30-10.15	Cardio Kick	Cardiovascular Workout	Vicky	Gen
10.30-11.30	Kidz club	Cardiovascular Workout	Rachael	5-10

Key

Beg Beginner/Introductory
II Regular exerciser

I Some exercise experience
Gen General (suitable for all levels)

Due to Health & Safety regulations entry will not be permitted to classes later than 10 minutes after the designated start time.

Whilst every effort has been made to ensure the accuracy of this programme, the Management reserve the right to cancel or reschedule classes after publication and at short notice.