

Exercise Class Timetable

Monday 9th January to Saturday 31st March

	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30
Monday	Spinning (Jonathan / Mary)									Aerobics (Louisa)		Pilates (Louisa)								Spinning (Jonathan / Emma)		Freestyle Fitness Yoga (Mary)		Aerobics (Louisa)	
Tuesday	Spinning (Lou / Jonathan)									Body Conditioning (Zoe)		Freestyle Pump (Zoe)		Pilates (Lucy)		Pilates (Lucy)				Zumba (Louisa) (SH)		STEP Aerobics (Louisa)		Sports Circuit (Jonathan / Emma)	
Wednesday					Pilates (Lucy)					Fitball (Lou)		Freestyle Fitness Yoga (Mary)								Spinning (Mary)		Zumba (Louisa) (SH)		Aerobics (Louisa)	
Thursday	Spinning (Emma)									Zumba (SH) (Louisa)		Pilates (Starts-13:10) (Lucy)		Pilates (Starts-14:10) (Lucy)						Boxer Blast (Emma)		Spinning (Jonathan / Mary)		Stretch and Flex (Mary)	
Friday	Spinning (Lou)							KickBoxing (Sherilee)		Freestyle Pump (Zoe)		Body Conditioning (Zoe)								Aerobics (Louisa)		Pilates (Louisa)			
Saturday								Spinning (Various)																	

Classes can be booked 1 week in advance. **12 hours** notice must be give for the cancellation of a class.**Non-attendance / less than 12 hours notice will incur a £1 fine.**

Gold and Silver Members - FREE / Non-MEMBERS - Students £3, Staff £4.50, Public £5.50

Please arrive 5 minutes prior to the start of the class to sign in.

Please Note: Recreation reserves the right to withdraw classes should classes not achieve a good attendance rate

Tel: 01752 588510