

Class and Programme Timetable February 2012

DAY	TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY	9.30 – 10.30	PILATES	LUCY	STUDIO 1
	9.30 -10.30	BODY PUMP	KERRI	STUDIO 2
	10.45-11.45	PILATES	LUCY	STUDIO 1
	18.00-19.00	BODY PUMP	KAREN	STUDIO 2
	18.00-18.45	ZUMBA	RACHEL	STUDIO 1
	18.00-19.00	MIND POWER	ALEX	SALON
	19.00-20.00	SPIRITUAL GROWTH	JAMES	SALON
	19.15-20.15 20.15-21.00	BODY CONDITIONING BODYCOMBAT	KAREN JONNY	STUDIO 2 STUDIO 1
TUESDAY	09.30-10.30	BODY PUMP	SIAN	STUDIO 2
	18.00-18.45	ABS BLAST	KARLEY	STUDIO 2
	18.00-19.00	BODY ATTACK	EMMA	STUDIO 1
	19.00-19.45	PILATES	PAULA	STUDIO 1
	20.00-21.00	BODYCOMBAT	RACHEL	STUDIO 1
WEDNESDAY	09.30-10.30	BODYCOMBAT	SHER	STUDIO 1
	12.15-13.15	PILATES	LUCY	STUDIO 1
	18.00-18.45	DISCO CYCLE	BETH	GYM
	18.00-18.45	ZUMBA	RACHEL	STUDIO 1
	18.00-18.45	SLIMMING CLUB	LUCY	SALON
	18.45-19.30 19.00-20.00	MIND, BODY & SPIRIT BODY PUMP	LUCY WENDY	STUDIO 1 STUDIO 2
THURSDAY	09.30-10.30	ZUMBA	SIAN	STUDIO 2
	09.30-10.30	BODYBLITZ	ANNETTE	STUDIO 1
	17.00-17.45	BOXING CIRCUIT	SHER	STUDIO 2
	18.00-19.00	BODY PUMP	KERRI	STUDIO 2
	19.15-20.15	BODY ATTACK	EMMA	STUDIO 1
FRIDAY	09.30-10.30	PILATES	LUCY	STUDIO 1
	10.30 -10.45	SLIMMING CLUB WEIGH IN	EDEN	STUDIO 2
	10-45-11.30	SLIMMERS CIRCUIT TRAINING	EDEN	STUDIO 1
	12.00 – 13.00	LOW LEVEL CIRCUIT TRAINING*	EDEN	STUDIO 1
	17.00-17.45	POWER CYCLE	SHER	GYM
	18.00-19.00 19.15-20.15	BODYCOMBAT BODYPUMP	SHER WENDY	STUDIO 1 STUDIO 2
SATURDAY	09.00-10.00	BODYCOMBAT	JONNY	STUDIO 1
SUNDAY				

Classes marked with an * are charged for and not included in membership

ALL CLASSES ARE SUBJECT TO CHANGE

TERMS AND CONDITIONS

You may book a class 7 days in advance at reception

Cancellation accepted one day before the class booked 2 no shows and you will be refused booking a class for 2 weeks

If you are new to a class, please inform the instructor prior to class starting

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