

PICTURE OF HEALTH CLUB



CLASS TIMETABLE 2018

Monday	Tuesday	Wednesday
0930-1015 Spin & Abs *	0700-0745 Get up n Go	0715-0745 Metafit
1030-1130 Total Tone Zone *	0915-1000 Tums Bums & Thighs *	0920-0950 Spin Blast *
1000-1045 Aqua Aerobics *	1230-1530 Water Babies	1000-1100 Zumba *
1100-1145 Aqua Aerobics	1745-1830 Core Stability	1105-1205 Yoga level 2
1215-1315 Yoga Core	1845-1945 Circuits	1300-1500 Water Babies
1330-1430 Yoga Level 1	2000-2100 Zumba	1800-1845 ½ Bikes ¼ Abs
1800-1900 Boxercise Circuits		1900-1945 Kettlebells
1915-1945 AB BLAST		2000-2030 Metafit
2000-2100 Sculpt & Spin		
Thursday	Friday	Saturday
0700-0745 Get up n Go	0920 -0950 Spin Blast *	0900-1330 Swimming lessons
0930-1000 Metafit *	1000-1045 Aqua Aerobics *	with Aquatic Learning
1000-1100 Pilates Intermediate *	1100-1145 Aqua Aerobics	0930-1030 Get up and Go
1100-1200 Pilates all levels	1000-1045 Body Conditioning *	
1230-1330 Zumba	1730-1815 ½ Bikes ¼ Abs	Sunday
1800-1915 Yoga	1830-1900 Metafit	1000-1030 Metafit
1915-2015 Fight Fit/Boxercise	1915-2015 Pilates	1800-1845 Instructor's Choice

To Book your class Please contact Reception or telephone 01383 624216

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* Crèche available