

	Class	Level	Instructor	Time
Monday	Profile Cycling	M	Simon J	07.15-08.00
	Cardio Kick	A	Tina	09.15-10.00
	Fitness Pilates	A	Megan	10.00-10.45
	Body Sculpt	M	Megan	10.45-11.30
	Yoga	M	Tony	11.45-13.00
	Salsa Aerobics	M	Natalie	18.30-19.30
	Studio Cycling	M	James	19.30-20.15
	Pilates mixed	M	Megan	20.30-21.30
Tuesday	Total Conditioning	M	Janet	09.15-10.15
	Aqua Gym	M	Karen O-S	09.45-10.30
	Pilates	M	Janet	10.15-11.15
	Chi ball	M	Karen O-S	11.15-12.15
	Ashtanga Yoga	I-A	Karen P	12.15-13.30
	Step	M	Janet	18.30-19.30
	Aqua Gym	M	Karen O-S	18.30-19.15
	Core Stability	M	Janet	19.30-20.15
Wednesday	Profile Cycling	M	James	07.15-08.00
	Aerobics	I-A	Francoise	08.00-09.00
	Aerobics	I-A	Francoise	09.15-10.15
	Running Club	I-A	Simon J	09.15-10.30
	Body sculpt	M	Francoise	10.15-11.00
	Circuits	M	Simon J	11.00-12.00
	Power Walking	M	Karen O-S	11.15-12.15
	Pilates Beginners*		Lindy	12.15-13.15*
	Pilates Intermediate*		Lindy	13.15-14.15*
Yoga	M	Juliette	18.15-19.30	
	Boxing Circuits	I-A	Simon W	19.30-20.30
Thursday	Total Body Workout	I-A	Janet	09.15-10.15
	Aqua Motion	M	Tina	09.45-10.30
	Putkisto	M	Nadine	10.15-11.15
	Chi Ball	M	Karen O-S	11.15-12.15
	Pilates Intermediate*		Lindy	17.15-18.15*
	Total Body Workout	M	Janet	18.30-19.30
	Aqua Gym	M	Philippa	18.15-19.15
	Legs Bums and Tums	M	Francoise	19.30-20.30
	Alexander Technique	M	Deni	20.30-21.30
Friday	Profile Cycling	M	Simon	07.15-08.00
	Body Sculpt	I-A	Francoise	08.00-09.00
	Body Sculpt	I-A	Francoise	09.15-10.15
	Aqua Motion	M	Natalie	09.45-10.30
	Power Pilates	I-A	Nadine	10.15-11.00
	Yoga	M	Tony	11.15-12.45
	Junior Gym (ages 12 -15)	M	LA	17.00-18.00
	Profile Cycling	M	Simon J	18.15-19.00
Saturday	Running Club	I-A	Simon	09.15-10.15
	Arms and Abs	M	Janet	09.45-10.30
	Stability Ball	M	Janet	10.30-11.15
	Nordic Walking	M	Nadine	10.30-11.30
	Kids Swim	M	Jeni	14.15-14.45
	Kids Dance	M	Jeni	15.00-16.00
Sunday	Kids Fun Swim	M	LA	9:00 – 10:00

- *** Denotes a fee applies to this class**
- **LEVELS M-MIXED ABILITY , I-A –INTERMEDIATE-ADVANCED, A- ADVANCED**
- Classes close after 5 mins to prevent injury.
- Please let the instructor know if you have any injuries or conditions before the class starts.
- Bookings can be made at reception up to 6 days in advance for all classes as number restrictions apply, call 01243 520114