

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30 – 10.30 BODY CONDITIONING with Lucy	9.30 – 10.30 JIGGILATES ♦ with Jane	10.30 – 11.15 BOXFIT with Mandy/Fiona	9.30 – 10.30 JIGGILATES ♦ with Jane	9.30 – 10.30 JIGGILATES ♦ with Jane
	10.30 – 11.15 AQUA AEROBICS • with Fiona	11.15 – 12.00 KETTLE BELLS with Ben	10.30 – 11.15 AQUA AEROBICS with Fiona	11.00 – 12.00 PHYSIOTHERAPY PILATES * with Mandy C
		12.00 – 13.00 YOGA BLISS ♦♦ with Hayley		12.15 – 12.45 STANDING PHYSIO PILATES * with Mandy C <i>Suitable for Anti-Natal</i>
17.45 – 18.20 EXPRESS KETTLES with Fiona		17.30 – 18.30 PHYSIOTHERAPY PILATES * with Mandy C	18.15 – 19.00 BOXFIT with Mandy	
18.30 – 19.15 BODY BLITZ with Ben	18.00 – 19.00 POST-NATAL PILATES ♦ with Mandy C	18.30 – 19.00 H.I.I.T with Lucy	19.00 – 19.30 EXPRESS AQUA with Fiona	
19.30 – 20.30 PHYSIOTHERAPY PILATES * with Mandy C	19.00 – 19.45 BEGINNERS' CIRCUITS with Ben	19.00 – 19.30 LEGS, BUMS & TUMS with Lucy	19.10 – 19.55 DANCE FIT with Mandy	19.00 – 20.00 GYM CIRCUITS with Andrew

♦ Members £1.50, Non-members £3

♦♦ Members £3, Non-members £6

* Must be booked in advance

• Members free, non-members £5

All other classes – members free,

non-members £3