

# ROMANS CLASS TIMETABLE

## MONDAY

**9.30 - 10.15**  
Body  
Conditioning  
◆

**10.30 - 11.15**  
Dancefit  
◆

**17.45 - 18.20**  
Kettles  
◆

**18.30 - 19.15**  
Body Blitz  
◆

**18.30 - 20.30**  
Physiotherapy  
Pilates with Mandy\*  
◆

## TUESDAY

**9.30 - 10.30**  
Jiggilates  
with Jane\*\*  
★

**10.30 - 11.15**  
Aqua  
Aerobics  
◆◆

**18.45 - 19.30**  
Beginner's  
Circuits  
◆

**19.30 - 20.15**  
Body  
Sculpt  
◆

## WEDNESDAY

**10.30 - 11.15**  
Boxfit  
◆

**11.30 - 12.05**  
Kettles  
◆

**17.30 - 18.30**  
Physiotherapy  
Pilates with Mandy\*  
◆

**18.30 - 19.00**  
H.I.I.T  
◆

**19.00 - 19.30**  
Legs, Bums &  
Tums  
◆

**19.30 - 20.30**  
Physiotherapy  
Pilates with Mandy\*  
◆

## THURSDAY

**9.30 - 10.30**  
Jiggilates  
with Jane\*\*  
★

**10.30 - 11.15**  
Aqua  
Aerobics  
◆◆

**12.30 - 13.30**  
Yoga  
with Hayley  
☆

**18.15 - 19.00**  
Boxfit  
◆

**19.00 - 19.30**  
Express  
Aqua  
◆

**19.45 - 20.15**  
Step  
◆

## FRIDAY

**9.30 - 10.30**  
Jiggilates  
with Jane\*\*  
★

**10.45 - 11.45**  
Physiotherapy  
Pilates with Mandy\*  
◆

**11.45 - 12.45**  
Postnatal Pilates  
with Mandy\*  
◆

**19.00 - 20.00**  
Gym Circuits  
with Andrew  
◆

## SATURDAY

**10.30 - 11.15**  
Dancefit  
◆

Please note that  
Physiotherapy  
Pilates, Standing  
Physiotherapy  
Pilates, Jiggilates,  
Yoga and Gym  
Circuits are taught  
by external  
instructors

◆ Non Members £3

★ Members £1.50, Non Members £3

◆◆ Non Members £5

☆ Members £3, Non Members £6

\*Call Mandy to book - 07964602041

\*\*Call Jane to book - 07715721286