



Studio Timetable -Monday 11th January 2010

Monday

09:30 - 10:30	Aerobics Plus	Steve	G
10:30 - 11:30	Pilates Tone	Erica	G
*Please note: This class starts on Monday 18 th January			
13:00 - 13:45	Circuits	Richard	G
17:45 - 18:30	Power Step**	Erica	G
18:30 - 19:30	Body Pump**	Victoria	G
18:45 - 19:30	Cycle**	Maria	G
19:30 - 20:30	Pad Attack **	Dan	G
19:35 - 20:20	Cycle**	Maria	G

Tuesday

09:30 - 10:30	Body Conditioning	Tricia	G
10:35 - 11:50	Yoga	Jane	G
12:00 - 12:45	Prestige Aerobics	Suzy	G **
12:45 - 13:30	Prestige Pilates	Suzy	G **
18:30 - 19:30	Aerobics Plus **	Jess	G
19:00 - 19:40	Cycle**	Mike	G
19:40 - 20:35	Pilates**	Erica	G

Wednesday

07:00 - 07:45	Circuits	Steve	G
09:15 - 10:00	Cycle**	Mike	G
10:00 - 10:45	Abs/Body Sculpt	Fran	G
11:15 - 12:30	Yoga	Jane	G
17:45 - 18:30	Body Conditioning	Sandra	G
18:30 - 19:15	Cycle*	Maria	G
18:30 - 19:15	Step**	Sandra	I
19:25 - 20:40	Hatha Yoga	Mark	G

Thursday

09:15 - 10:10	Body Sculpt	Steve	G
10:20 - 11:20	Pilates	Teresa	G
18:15 - 19:15	Body Sculpt**	Steve	G
18:40 - 19:25	Cycle**	Rob	G
19:30 - 20:30	Pilates**	Erica	G

Classes marked with double star must be booked.
 G = General. (Suitable for all fitness levels)
 I = Intermediate. Some experience required.

Friday

07.00 - 07.45	Cycle**	Jess	G
09:30 - 10:15	Step	Sandra	I
10:15 - 11:00	Body Pump	Patrick	G
11:00 - 12:00	Ashtanga Yoga	Jane	I
18:30-19:30	Belly Dancing (15 th Jan)	Tash	G
18:30-19:30	Salsa (22 nd & 29 th Jan)	Patrick	G
18:30-19:30	Bootcamp (5 th Feb-26 th Feb)	Rob	G

*Please note: Our Friday evening line-up will be a rolling schedule.
 See notice boards for further information on classes running.

Saturday

09:00 - 9:55	Power Step**	Erica	G
09:30 - 10:20	Cycle**	Maria	G
10:00 - 10:55	Body Conditioning	Tricia	G
11:00 - 12:30	Yoga	Jane/ Mark	G

Sunday

10:00 - 11:00	Cycle**	Jess	G
11:00 - 12:00	Boxacise**	Dan	G