

Workout Timetable from 23rd February 2009



MONDAY	SESSION	INSTRUCTOR	VENUE
9.30am – 10.25am	Body Conditioning	Jane	Studio
10.30am – 11.25am	Dance Mats	Steph	Studio
10.30am – 11.25am	Yoga	Jane	Lounge
12.00 – 12.45	PreNatal Aqua TTO £	Jane	Pool
12.45pm-1.30pm	Post Natal Aqua TTO £	Jane	Pool
2.00pm - 2.45pm	50+Workout	Simon	Studio
6.00pm – 6.55pm	BodyStep	Jack	Studio
6.00pm – 6.55pm	BodyBalance	Steph	Lounge
7.00pm – 7.55pm	Body Combat	Mel #	Lounge
7.00pm – 7.55pm	Hi Lo Aerobics	Jack	Studio
7.00pm – 7.45pm	Aqua Blast *	Angela	Teaching Pool
8.00pm – 9.00pm	BodyPump *	Mel	Studio
TUESDAY			
9.30am– 10.25am	BodyPump *	Shelly	Studio
9.30am - 10.25am	50+ Chi Ball	Julie	Lounge
10.30am – 11.30am	BodyCombat	Jack	Studio
10.30am-11.30pm	Pilates	Jax	Lounge
6.00pm – 6.55pm	Abs Butts and Thighs	Keli	Lounge
6.00pm – 6.55pm	BodyJam	Andrea	studio
7.00pm– 7.55pm	BodyStep	Steph	Studio
8.00pm – 9.00pm	BodyCombat *	Liz #	Studio
WEDNESDAY			
9.30am – 10.25am	Body Step	Wendy	Studio
10.30am– 11.25am	BodyBalance	Steph	Lounge
10.30am – 11.25am	Abs butts and Thighs	Wendy	Studio
11.00am – 11.45am	Aqua Aerobics TTO	Hollie	Lagoon Pool
6.00pm – 6.55pm	Dance Mats	Steph	Lounge
6.00pm – 7.00pm	BodyCombat *	Sharon #	Studio
7.00pm – 8.00pm	BodyPump*	Sharon	Studio
7.15pm - 8.00pm	Aqua Blast*	Hollie	Teaching Pool
7.00pm – 8.00pm	Core Conditioning	Simon B	Lounge
8.00pm – 9.00pm	Yoga*	Simon B	Lounge

THURSDAY

9.30am – 10.25am	BodyPump	Jax	Studio
9.30am – 10.25am	Chi Ball Aerobics	Jane	Lounge
10.30am – 11.25am	Boxercise	Alison	Studio
10.30am – 11.25am	Pilates	Jane	Lounge
5.45pm – 6.00pm	Body Combat Technique	Andrea	Lounge
6.00pm – 6.55pm	BodyCombat*	Andrea #	Lounge
7.00pm – 7.55pm	BodyBalance	Simon B	Lounge
7.00pm – 7.55pm	Body Jam	Andrea	Studio
8.00pm – 8.55pm	Abs Butts and Thighs	Kelil	Studio

FRIDAY

9.30am – 10.25am	BodyCombat	Liz #	Studio
9.30am – 10.25am	Abs Butts and Thighs	Shelly	Lounge
10.30am - 11.25am	BodyJam	Andrea	Studio

SATURDAY

8.45am – 9.45am	BodyPump	Jax	Studio
10.00am – 10.55am	Cardio Tone	Sally	Studio

SUNDAY

09.00am – 10.00am	BodyPump	Steph	Studio
10.10am – 11.10am	BodyCombat	Sean	Studio

* - Bookable

£ - This class not included in membership

- Tell your instructor if you are new or attend a technique session

TTO Term Time Only

Creche available for weekdays morning classes 9.30-12.30

The timetable may change in school holidays / seasonal times.