



# studio timetable

	A.M. Classes			P.M. Classes		
<b>Monday</b>	9.30- 10.00 <b>Morning wake up</b>	10.00 – 11.00 <b>Boxercise</b>	10.00-10.45 <b>Aqua</b>	5.00- 6.00 <b>Zumba</b>	6.00-7.00 <b>Kick n Box</b>	7.15-8.15 <b>Yoga</b>
<b>Tuesday</b>	9.15-10.00 <b>Spin/Tone</b>	1.00 – 2.00 <b>Zumba</b>	3.00-4.15 <b>Boot Camp</b>	5.45-6.30 <b>Aerobics</b>	6.30- 7.15 <b>Pump Zone</b>	7.15 – 8.00 <b>Aqua</b>
<b>Wednesday</b>	9.45-10.45 <b>Boxercise</b>	11.00-11.45 <b>Pilates</b>		5.45-6.30 <b>L.B.T.</b>	6.30-7.30 <b>Boxing Circuit</b>	6.45-7.30 <b>Aqua</b>
<b>Thursday</b>	9.15 -10.00 <b>Spinning</b>	9.30-10.15 <b>Aqua</b>	10.15-10.45 <b>Baby Swim</b>		5.45 – 6.30 <b>Boot Camp</b>	
<b>Friday</b>	9.30-10.30 <b>Pump Zone</b>	10.00-11.00 <b>Aqua</b>			5.30 – 6.15 <b>Spinning</b>	6.15 -7.15 <b>Boxing Circuit</b>
<b>Saturday</b>	10.00-11.00 <b>Zumba</b>	11.45-12.30 <b>Aqua</b>				
<b>Sunday</b>	9.00-11.00 <b>Swim Lesson</b>	12.00-1.00 <b>Circuit</b>				

**PLEASE BOOK IN AT RECEPTION OR BY PHONE  
 UP TO 7 DAYS IN ADVANCE.  
 CLASSES OPEN TO NON MEMBERS-£4 per class**