

M	9.30am-10.00am ABS BLAST Studio 2/Gym	NO SWIMMING 10.00am-10.45am AQUA FITNESS Pool	12.15pm-1.00pm CARDIO KICK Studio 2	NO SWIMMING 6.00pm-6.45pm AQUA FITNESS Pool	6.15pm-7.15pm LEGS BUMS & TUMS Studio 2	6.30pm-7.30pm RUNNING CLUB BEGINNER Meet @ Reception	7.15pm-8.15pm KICK BOXING CIRCUIT Studio 2	PLEASE NOTE: this is a generic copy of the studio timetable. The timetable changes on a monthly basis. Please contact the club directly for an up to date version		
	9.45am-11.00am WALKING 4 HEALTH Meet @ Reception	11.00am-11.45am AEROBICS & PILATES EXPRESS Studio 2	11.45am-1.45pm TABLE TENNIS Studio 1	12.15pm-1.00pm BODY PUMP ADVANCED Studio 2	1.15pm-2.00pm PILATES Studio 2	NO SWIMMING 6.00pm-6.45pm AQUA FITNESS Pool	6.00pm-7.00pm BODY PUMP Studio 2	7.15pm-8.15pm YOGA Studio 2	8.00pm-9.30pm CAPOEIRA £ Studio 1	
W	NO SWIMMING 10.00am-10.45am AQUA FITNESS Pool	10.30am-11.15am LEGS BUMS & TUMS Studio 2	12.15pm-1.00pm CYCLE SOLUTIONS Studio 1	1.15pm-2.30pm TABLE TENNIS Studio 1	1.15pm-2.00pm FITNESS YOGA Studio 2	5.45pm-6.15pm TREKKING Gym	6.15pm-7.15pm DANCE AEROBICS Studio 2	6.30pm-7.15pm CYCLE SOLUTIONS Studio 1	6.30pm-7.30pm RUNNING CLUB INTER Meet @ Reception	7.30pm-7.45pm ABS BLAST Studio 2/Gym
	10.00am-11.00am SENIOR CIRCUITS & GYM Studio 1 & Gym	10.00am-12.00pm BRIDGE Studio 1	NO SWIMMING 12.15pm-1.00pm AQUA FITNESS Pool	12.15pm-1.00pm CIRCUITS Begins 14th Jan Studio 2	12.15pm-2.30pm TABLE TENNIS Studio 1	1.10pm-1.45pm ON THE BALL Studio 2	5.45pm-6.30pm STREET DANCE Studio 2	6.15pm-7.15pm CYCLE & ABS Studio 1	7.30pm-8.15pm TREK & ABS Gym	7.15pm-9.45pm EGYPTIAN BELLY DANCE £ Studio 2
F	9.30am-10.00am ABS BLAST Studio 2/Gym	12.15pm-1.00pm STEP AEROBICS Studio 2	6.15pm-7.15pm BODY PUMP Studio 2							
	9.15pm-10.00pm CARDIO KICK Studio 2	10.00am-11.00am STEP AEROBICS Studio 2	11.00am-12.00pm PILATES Studio 2	NO SWIMMING 11.30am-12.15pm AQUA FITNESS Pool	2.00pm-4.00pm FAMILY SPLASH PLEASE BOOK Pool					
S	11.30am-12.30pm YOGA Studio 2	1.30pm-2.45pm SCULPT & CYCLE Studio 2 & 1	2.00pm-3.00pm FAMILY SPLASH PLEASE BOOK Pool			To attend a class please pick up a studio token from reception and hand to the class instructor. TOKENS ARE RELEASED STRICTLY 30 MINUTES BEFORE THE START OF THE CLASS. Classes operate on a first come first served basis so please be punctual!			£ Class Costs Money. Please see reception for more information.	