



Fitness Class Programme

Charity Reg No - 1170729

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7.15am - 8.00am <u>SPIN</u> Squash Courts - Gaynor				
9.15am - 10.00am <u>AQUA AEROBICS</u> Pool - Gaynor	9.30am - 10.15am <u>PUMP</u> Easyline Room - Adam	9.15am - 10.00am <u>AQUA JOG</u> Pool - Gaynor		8.45am - 9.30am <u>AQUA AEROBICS</u> Pool - Gaynor	9.15am - 10.00am <u>JIMMY BEARS</u> Community Studio - Suzie	
9.30am - 10.30am <u>PILATES</u> Main Hall - Helen	11.15am to 12.00pm <u>BEGINNERS SPIN</u> Squash Courts - Adam	9.30am - 10.30am <u>YOGA</u> Community Studio - Jayne	2.00pm - 3.00pm <u>BEGINNERS MIXED CIRCUIT</u> Easyline Room - Gaynor	9.15am - 10.15am <u>PILATES</u> Main Hall - Helen	10.15am - 11.00am <u>SWIMMY BEARS</u> Learner/Splash Pool - Suzie	10.00am - 10.45am <u>SPIN</u> Squash Courts - Val/Adam/Ralph
10.15am - 11.00am <u>EASYLINE LADIES</u> Easyline Room - Gaynor	6.00pm - 7.00pm <u>KETTLERCISE</u> Community Studio - Lesley	10.15am - 11.00am <u>EASYLINE LADIES</u> Easyline Room - Gaynor		10.15am - 11.15am <u>HEARTBEAT</u> Main Hall - Gaynor		
	6.15pm - 7.00pm <u>SPIN</u> Squash Courts - Ralph	1.45pm - 2.45pm <u>TAI CHI</u> Community Studio - Steph	6.15pm - 7.00pm <u>SPIN</u> Squash Courts - Gaynor	2.00pm - 2.45pm <u>SPIN</u> Squash Courts - Gaynor		
	6.00 pm <u>RUNNING CLUB</u>	6.00pm - 6.45pm <u>BEGINNERS SPIN</u> Squash Courts - Adam	6.00pm <u>RUNNING CLUB</u>			
7.00pm - 8.00pm <u>MIXED CIRCUIT</u> Main Hall - Dai	7.30pm - 8.15pm <u>AQUA AEROBICS</u> Pool - Denise	6.00pm - 7.00pm <u>CARDIO KICK</u> Easyline Room - Beth	6.00pm - 7.00pm <u>FITBEAT</u> Community Studio - Eve			
7.30pm - 8.15pm <u>SPIN</u> Squash Courts - Ralph	7.00pm - 8.00pm <u>YOGA</u> Community Studio - Elaine	7.00pm - 8.00pm <u>HEARTBEAT</u> Easyline Room - Adam	7.00pm - 8.00pm <u>YOGA</u> Community Studio - Eve			
	8.15pm - 9.15pm <u>LANE SWIMMING</u> Pool	7.30pm - 8.15pm <u>ADULT LESSONS</u> Pool	8.15pm - 9.15pm <u>LANE SWIMMING</u> Pool			Updated 17th October 2018 JT