

CLASS TIMETABLE (studio, spin and squash)

During crèche

Green : external class

Red : Squash

Mon	9.30 – 10am HIIT Claire	10-11am Body design – Claire 10– 11am Ladies squash - Sue	12:45 - 1:15 Spin Claire	5:30 – 6:00pm Spin Fiona 6:00 – 6:30pm Spin Olivia	6:30 - 7:30pm Free weights Fiona	7:30 – 8pm HIIT & Pump Fiona	8 - 9pm Flow Yoga Laura
Tue		10 - 11am HATHA Yoga Em	12:45 - 1:15 Spin Big Joe	5:30 – 6.30pm 1 hour Spin Big Joe	6:15 – 7:15pm Core Boxing Big Joe/Ellis	Ladies squash 7.40 – 8.40pm Sue (please pre-book)	
Wed	7 – 7.40am Spin & HiIT Fiona	9 – 9.50am Yoga Rebecca	10 - 11am Hi Lo Circuits Claire	12:45 - 1:15 Spin Big Joe	5:30 - 6pm Spin	7 - 7:30pm Ab Attack Nigel	7:30 - 8:30pm Circuits Nigel
Thu	9.30 – 10am HIIT & Pump Fiona	10 - 11am Fitball Tone zone Fiona	10– 11am Ladies squash Sue	12:45 - 1:15 Spin Fiona	5:30 - 6pm Spin	6 - 7pm Fitness Pilates Nigel	
Fri	7-7.30am Spin Emma	10 - 11am Step & Pump Claire	12:45 - 1:15 Spin Claire	5:30 - 6:15pm Hardcore Spin Nigel	Yoga 6 – 7.15pm Kate	 Class prices vary according to membership type For further information call 01844 261754 6th July 2017	
Sat	9:15 - 9:45am Hardcore Spin Claire/Em	Kick Boxing 9:40-11:40 Ian 01844260058	10 - 11am Circuits Claire/Em	11 - 11:20 Stretch Claire/Em			
Sun	NEW	10-10:30am & 10:30-11am Spin and Squat Ellis	10:30-11:30 HATHA Yoga Em		Squash Club Night 4:40 onwards		