



## EXERCISE CLASS TIMETABLE

(Please note new times below from: 29th February 2016)

**FEES:** \*Members: FREE - Non Members: 1 hour £5.00 - 45 mins. £4.00 (Classes 1 hour unless stated)

### Monday

- 10.00 am - Body Toning with Kara
- 11.00 am - Yoga with Eve
- 6.30 pm - Cardio Sculpt with Karen
- 7.30 pm - Step and Body Sculpt with Karen

### Tuesday

- 10.00 am - Step and Body Sculpt with Karen
- 11.00 am - Pilates with Eve
- 5.00 pm - Zumba with Jenny
- 6.30 pm - 7.15 pm - Tri Class with Frank (45 mins)
- 7.30 pm - Circuit with Frank

### Wednesday

- 10.00 am - Body Toning with Kara
- 11.00 am - Yoga with Eve
- 6.30 pm - Cardio Sculpt with Karen
- 7.30 pm - Step and Body Sculpt with Karen

### Thursday

- 10.00 am - Step & ABs with Karen
- 11.00 am - Zumba with Jenny
- 5.00 pm - Yoga with Eve
- 6.00 pm - Pilates with Eve
- 7.00 pm - Pilates with Eve
- 8.00 pm - High Intensity Interval Training (HIIT) with Kara

### Friday

- 10.00 am - Yoga with Eve
- 11.00 am - Aerobics & Tone with Kara
- 5.30 pm - Yoga with Eve
- 6.30 pm - Burlesque with Donna

### Saturday

- 10.00 am - Box Fit with Ivan

### Sunday

- 9.30 am - 10.15 am - Step Class with Frank/Karen (45 mins)
- 10.15 am - 11.00 am - Tri Class with Frank/Karen (45 mins)