

Exercise Class Timetable

Exercise Type Key

- Cardiovascular
- Conditioning
- Re-energise & relax

	18.10-18.55	18.30-19.30	18.30-19.30	18.45-19.45	19.00-20.00	19.30-20.30	19.30-21.00	20.00-21.00	20.00-21.30
Monday		Tai Chi £ ●			Body & Soul ●		Yoga £* ●●		
Tuesday		Pilates £* ●●	Run Club ●		Zumba ●	Pilates £* ●●		Box-Fit ●●	
Wednesday				Pilates £* ●●	Streamline Fitness ●●			Ski Circuits ●●	
Thursday	Pilates £* ●●				Fighting Fit ●●				Karate £

Prices

Class Members FREE

Fitness Members FREE

Non-Members £6.00

£ Additional charges apply
 * Advanced booking required

	09.45-10.45	10.30-11.30	11.00-12.00
Saturday	Pilates £* ●●	Funk Fitness ●●	Pilates £* ●●
Sunday			Zumba ●

Kingsway Pavilion

King's College School's Sports Ground, 35 Kingsway
 Motspur Park. KT3 6JB

	19.00-20.00	20.00-21.00
Monday	Zumba ●	Balanced Body ●●

Please note that classes at Kingsway are not included in our membership. Classes cost £3 for Members

Body & Soul - An all over conditioning workout to exhilarating music. Guaranteed to tone and strengthen your body. Belle

Balanced Body - Combining Yoga, Pilates & Tai Chi inspired moves, this workout will strengthen, stretch and re-balance your body. Dannie

Box-Fit - Burn 500-1000 calories per class. De-stress and have fun with this padwork and conditioning class. JP

Fighting Fit - Punch, kick and fight your way through this fun and energetic calorie burning class. Carly

Funk Fitness - An energetic and fun way to get in shape while learning some simple yet authentic street dance grooves. Rosie

Karate - Try something different this year and come and learn traditional Karate and self-defence techniques. Classes suitable for 10-60 year olds. Neil

Pilates - Focus on core stability! Our Pilates classes are designed to strengthen and tone internal muscles, improve flexibility, balance and posture. Individual classes vary. _____

RunClub - These sessions are designed for absolute beginners or runners returning from injury. Sessions take place on Wimbledon Common. Bianca

Streamline Fitness - Sculpt your body into fantastic shape with this high energy, total body workout. Using belts, bands, weights and balls with core stability as a key focus. Belle

Ski Circuits - A high intensity cross training circuit to help you get fit for the slopes. Suitable for all levels. Sam

Tai Chi - A slow meditative physical exercise designed for relaxation, balance and health. Michael

Yoga - Our classes combine strength & flexibility through a series of movements linked with a focus on breathing. Jamie

Zumba - Zumba is a fun and exciting calorie burning workout combining Latin American and International dance moves. Come and join in the fun! Dannie (Sun & Mon) & Natalie (Tues)



"Really enjoyed the box-fit class run by JP, he worked us very hard" - - - "I love Zumba, I come to Natalie's class every Tuesday and it's fantastic!"