

COMMENCING 1<sup>ST</sup> SEPTEMBER 2017



# AUTUMN 2017 GROUP EXERCISE CLASS TIMETABLE

	18:30 - 19:30	19:00 - 20:00	19:30 - 20:45	19:30 - 20:30	19:30 - 21:00	20:00 - 20:45	20:00 - 21:00
MONDAY		DANCE PHYSIQUE ••			YOGA £* ••		SPINNING •
TUESDAY	PILATES £* ••	ZUMBA •		PILATES £* ••			
WEDNESDAY			YOGA £* ••			SPINNING •	CIRCUITS ••
THURSDAY	PILATES £* ••	DANCE-TONE AEROBICS ••					
	09:15 - 10:00	09:45 - 10:45	10:30 - 11:30	11:00 - 12:00	11:00 - 12:00		
SATURDAY	SPINNING •	PILATES £* ••	STEP AEROBICS ••				PILATES £* ••
SUNDAY	SPINNING •				ZUMBA •		

CLASS PRICE LIST:  
 FREE FITNESS / PLATINUM MEMBERS  
 £7 NON-MEMBERS

ADVANCE BOOKINGS  
 7 DAYS FITNESS / PLATINUM MEMBERS  
 2 DAYS NON-MEMBERS

EXERCISE TYPE KEY:  
 • CARDIOVASCULAR  
 • CONDITIONING  
 • HOLISTIC     £\* COURSE FEE APPLIES

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