

2010 Activities Timetable

All Classes Complimentary To Members

Monday

9.45- 10.30 Advanced Spin
10.40 - 11.30 Beginners Pilates

6.15 - 7.00 Advanced Spin
7.15 - 8.00 Beginners Pilates
8.15 - 8.45 Beginners Spin

Tuesday

6.15 - 6.45 Begin to Spin
7.00 - 8.00 Tae Robics
8.15 - 9.00 Advanced Spin / Aqua Aerobics

Wednesday

9.00- 10.00 Weight Club
10.00 - 10.45 Spin
11.00 - 11.45 Aqua Aerobics

6.15 - 7.00 Advanced Spin
7.15 - 8.00 Hips, Bums & Tums
8.15 - 8.45 Beginners Spin / 8.15 - 9.00 Aqua Aerobics

Thursday

6.15 - 6.45 Total Beginners Spin
7.00 - 7.45 Aeromix (Aerobics & Weights)
8.00 - 8.45 Advanced Spin

Friday

9.45- 10.30 Spin
10.45 - 11.30 Body Conditioning

6.15 - 7.15 Advanced Spin
7.30 - 8.00 Improvers Pilates

Sign up for all classes at Reception

Please be on time when attending classes, anyone more than 5 minutes late will not be allowed into the class as the warm-up period will already be started and it is unsafe to join the class after the warm-up.