



Topnotch Studio Timetable - From 14/06/10



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10.15 Total body conditioning	6.45 - 7.45 Early Bird Circuit	6.30 - 7.00 New!! Awesome Abs	6.45 - 7.45 Early Bird Circuit	6.30 - 7.00 Early Bird Spin	9.15 - 10.00 Aerobics	10.30 - 11.15 New time!! Spinning
10.00 - 11.00 Spin & Abs	9.30 - 10.00 Express Aerobics	9.30 - 10.30 Young at Heart	9.30 - 10.15 Stability ball Core Conditioning	9.30 - 10.30 Young at Heart	10.15 - 11.15 Body Pump	11.00 - 11.45 Aquaerobics
12.15 - 1.00 Pilates	10.00 - 11.00 Body Pump	9.30 - 10.15 Spinning	9.30am Start New!! Running Club	10.30 - 11.15 New Class!! Body Blitz		
1.15 - 1.45 Awesome Abs	1.15 - 2.00 Studio Circuit	1.10 - 1.40 Lunch Time Spin	10.30 - 11.30 Spin and Pump			
2.00 - 2.45 Aquaerobics			1.45 - 2.30 New class!! Aquaerobics			
6.00 - 6.30 Awesome Abs	5.00 - 6.00 Teen Spin £	6.00 - 6.30 Express Boot Camp Circuit	5.00 - 5.45 Teen Fitness £			
6.30 - 7.15 New!! Beach body Conditioning	6.30 - 7.15 Beginners spin	6.30 - 7.15 New time!! Spinning	6.00 - 6.30 Awesome Abs			
6.15 - 7.00 Spinning	6.30 Start New!! Running Club	7.30 - 8.15 Aquaerobics	6.30 - 7.30 Body Pump	6.00 - 6.45 Spinning		
7.15 - 8.15 Body Pump	7.30 - 8.15 Stability ball Core Conditioning	7.30 - 8.30 Yogalates	7.30 - 8.30 Ladies chi boxing £			

Topnotch Health Club
Unit 2
Phoenix Square
Wyncolls Road
Severals Industrial Park
Colchester
CO4 9AS

Class Guidelines

To guarantee your place please book classes in advance at reception or call 01206 851851. Classes can be booked up to 7 days in advance. Pick up your ticket at reception before your class and hand it to the instructor on entry. You may be refused entry if you arrive late to any class.

Classes may be cancelled if less than 3 people attend.

KEY:	Cardiovascular Fat Burning	Muscle Conditioning Strength	Flexibility/Posture Mind/Body	Cardio and Resistance Mix
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