

Monday

9.30-10.30am

L/B/T All MS

Jules

10.30-11.30am

Yoga All MS

Jules

5.30-6.00pm

Ab Attack All MS

Ronnie

6.00-7.00pm

Yoga All MS

Jules

6.15-7.00pm

Spin All Levels PS

Ronnie

6.30-7.00pm

Pilates Technique Pil

Sam

7.00-8.00pm

Pilates 1&2 Pil

Sam

7.15-8.15pm

Body Combat AB MS

Liz

7.15-8.00pm

Aqua All SP

Ronnie

Tuesday

7.00-7.45am

Spin All PS

Leanne

9.30-10.30am

Body Blitz All MS

Ronnie

10.30-11.30

Pilates All

Jane

4.00-6.00pm

Kids Martial Arts (£)

David

5.30-6.15pm

Spin All Levels PS

Leanne

6.30-7.30pm

Pole Dancing (£)

Emma

7.30-8.30pm

Pole Dancing (£)

Emma

6.15-7.00pm

Hula Hula All MS

Lorna/ Leanne

7.05-8.00pm

Urban Funk All MS

Ronnie

**NEW CLASSES/
TIME CHANGES**

Wednesday

9.30-10.30am

Aerobics All MS

Alison

5.30-6.15pm

Spin 1 PS

Lorna

6.00-7.00pm

Body Balance All MS

Alison

7.00-8.00pm

Body Pump All MS

Kerry

7.30-8.30pm

Pole Dancing (£)

Emma

7.00-8.00pm

Pilates 3 Pil

Sam

7.15-8.00pm

Aqua All SP

Leanne

8.00-9.00pm

Body Combat All MS

Liz

8.00-8.45pm

Pilates 1 & 2 Pil

Sam

Thursday

7.00-7.45am

Spin All PS

TA/Gym Team

9.30-10.30am

Body Blitz All MS

Ronnie

5.45-6.45pm

Spin 2&3 PS

Leanne

6.00-6.45pm

Hula Hula All MS

Emma

6.45-7.30pm

Body Pump All MS

Emma

7.30-8.30pm

Pole Dancing 1 PS

Emma

7.30-8.30pm

Dance Fit

Lisa (starts 25/3/10)

Key

Level:

All: Suitable for all

levels of fitness

AB: Absolute

Beginners

1: Beginner

2: Intermediate

3: Advanced

Area of Club:

MS: Main Studio

PS: Planet Spin

SP: Swimming Pool

Pil: Pilates Studio

OD: Out Doors

Friday

9.30-11.00am

Yoga All MS

Jules

9.45-10.30am

Aqua All SP

Leanne

6.00-7.00pm

Spin 2&3 PS

Jackie

8.00-9.00pm

Salsa All

Lynn

Group Fitness Guidelines

There will be no entry into any class 5 minutes after the start time.

To avoid disappointment we request that members book in advance for all classes, This can be done up to one week in advance

Please give at least 24 hours notice to cancel a class

For questions or comments regarding group fitness classes please contact reception on: 01622 679000

Saturday

9.15-9.30am

Combat Technique MS

Liz

9.30-10.30am

Body Combat MS

Liz

9.30-10.15am

Spin 1 PS

Leanne

10.30-11.15am

Hula Hula All

Leanne

Sunday

9.30-10.30am

Spin 2&3 PS

Jackie

10.45-11.45am

Body Pump All MS

Jackie

Matt Fides Martial Arts school and Pole Dancing Classes are an additional cost. Please see reception for more details.

