

Group Exercise **AUGUST 2010**

MONDAY

Time	Class	Instructor	Studio	Level
12:15 - 13:00	Zumba	Maxine	Main	All
18:30 - 19:30	Group Cycling	Nicole	Planet Spin	All
17:30 - 18:00	Swiss Ball	Team	Main	All
18:30 - 19:30	Body Pump	Angela	Main	All
19:30 - 22:00	*Pole Dancing*	POLESTARS	Main	

TUESDAY

Time	Class	Instructor	Studio	Level
07:00 - 08:00	Boxing Training	Gary	Main	All
13:00 - 13:45	Body Combat	Lynn	Main	All
17:30 - 18:00	Swiss Ball	Team	Main	All
19:00 - 20:00	Body Combat	Vicky	Main	All
18:30 - 19:15	Group Cycling	Lucie	Planet Spin	All

WEDNESDAY

Time	Class	Instructor	Studio	Level
07:00 - 07:45	Group Cycling	Fiona	Planet Spin	All
07:45 - 08:15	Abs & Back	Fiona	Main	All
12:15 - 13:00	Total Body Workout	Maxine	Main	All
18:00 - 19:00	Body Combat	Chris	Main	All
19:15 - 20:00	Group Cycling	Chris	Planet Spin	All
19:00 - 20:00	Legs Bums & Tums	Mia	Main	All
20:00 - 21:00	Pilates	Bogusia	Main	Inter

THURSDAY

Time	Class	Instructor	Studio	Level
12:15 - 13:00	Boxing Training	Gary	Main	All
13:00 - 13:45	Body Balance	Lynn	Main	All
18:35 - 19:35	Hatha Yoga	Ugo	Main	All
18:00 - 18:45	Water Aerobics	Jasmine	Pool	All
18:30 - 19:15	Group Cycling	Keith	Planet Spin	All
19:35 - 20:35	Body Attack	Maria	Main	All

FRIDAY

Time	Class	Instructor	Studio	Level
07:00 - 07:45	Group Cycling	Lucie	Planet Spin	All
12:15 - 13:00	Body Combat	Bruno	Main	All
18:30 - 19:30	Pole Dancing	Polestars	Main	All



GROUP FITNESS TIP OF THE MONTH

HERE COMES THE SUN

England is a great place when the sun is out in its full glory

If your not going abroad this year and taking the option to enjoy the great british weather remember your broly as the showers still comes in between the sunshine.

Just like the days you have when your training schedule doesnt go according to plan.

Live Life Live It well

BY Maxine L James-Sullivan - Group Fitness Manager

SATURDAY

Time	Class	Instructor	Studio	Level
10:30 - 11:15	Group Cycling	Fiona	Planet Spin	All
10:15 - 11:15	Pilates	Bogusia	Main	All
11:30 - 12:15	Body Pump	Nicole	Main	All
12:15 - 13:00	Body Combat	Nicole	Main	All

Group Cycling

Body Training Systems

Fitness, Toning and Shaping

Flexibility, Strength & Endurance

Endurance and Toning in the pool

SUNDAY

Time	Class	Instructor	Studio	Level
10:30 - 11:15	Group Cycling	Fiona	Planet Spin	All



topnotch
health club

DARE
to be
different