



# topnotch<sup>®</sup> health club

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
10.00-11.00 <b>AEROBICS</b>	10.00-11.00 <b>PILATES</b>	10.00-10.45 <b>AQUA FIT</b>	10.00-11.00 <b>YOGA</b>	10.00-10.45 <b>AQUA FIT</b>	10.00-12.00 <b>KIDS OPEN POOL £</b>	10.15-11.00 <b>SPIN</b>
12.30-1.15 <b>BODY PUMP</b>	6.00-7.00 <b>BODY JAM</b>	12.45-1.30 <b>SPIN</b>	12.30-1PM <b>AB ATTACK</b>	1.00-2.00 <b>PILATES</b>	10.00-11.15 <b>AEROBICS/ABS</b>	11.00-12.00 <b>BODY PUMP</b>
5.30-6.15 <b>L.B.T</b>	6.30-7.00 <b>BEGIN TO SPIN</b>	3.30-5.30 <b>KIDS OPEN POOL £</b>	6.00-7.00 <b>PILATES</b>	5.30-6.15 <b>L.B.T</b>	2.00-4.00 <b>BELLY DANCE £</b>	
6.15-6.45 <b>CORE STABILITY</b>	7.00-7.15 <b>AB BLAST</b>	5.30-6.30 <b>BODY CONDITIONING</b>	7.00-7.45 <b>SPIN</b>		4.00-6.00 <b>KIDS TAEKWONDO £</b>	
6.15-6.45 <b>AQUA FIT</b>	7.00-8.00 <b>BODY PUMP</b>	6.00-6.15 <b>AB BLAST</b>	7.00-8.00 <b>BODY PUMP</b>			
6.30-7.15 <b>SPIN</b>	8.00-9.00 <b>YOGA</b>	6.30-7.00 <b>AQUA FIT</b>	8.15-9.45PM <b>KICKBOXING £</b>			
7.00-8.00 <b>PILATES</b>		6.30-7.30 <b>YOGA</b>				
8.00-9.00 <b>NIA FOR WOMEN £</b>						

- ALL CLASSES MUST BE PRE-BOOKED UP TO 3 DAYS IN ADVANCE TO GUARANTEE A PLACE. 0208 942 9429 .
- IF YOU BOOK AND ARE UNABLE TO ATTEND, PLEASE LET THE CLUB KNOW SO YOUR SPACE CAN BE FREED UP FOR SOMEONE ELSE
- £ = EXTRA CHARGE