

Adult Classes Timetable

Activity	Time	Cost	Instructor
Monday			
Strictly Solo	9.15-10.00am	£5.00	Maria
Body Conditioning	9.15-10.15am	£5.00*	Jo
Zumba Beats	10.15-11.00am	£5.00	Maria
Strictly Solo	11.15-12.00am	£5.00	Maria
Multi Sports Club	2.00-4.00pm	£5.00*	
Powerhouse	7.00-8.00pm	£5.00*	Arthur
Clubbercise	7.00-8.00pm	£5.00	Andrea
Tuesday			
Indoor Cycling	8:30-9:15am	£5.50*	Jo
Pilates	9.15-10.15am	£5.50*	Jackie
Body Toning	09.30-10.30	£5.00*	Wendy
Hatha Yoga	10.45-11.45am	£6.00*	Izzie
Pilates	10.45-11.30am	£5.00*	Paula
Carpet Bowls	2.15-4.15pm	£4.00*	
Pilates	7.00-8.00pm	£5.50*	Lou
Wednesday			
Cardio, Circuits & Core	8.45-9.30am	£5.00*	Jackie
Zumba	9.30-10.30am	£5.50*	Gemma
Pilates	10.30-11.30	£5.50*	Jackie
Exercise & Dance	2.00-3.00pm	£5.00*	Judy
Indoor Cycling	7.30- 8.15pm	£5.50*	Paul
Ballroom Dancing	6.45 -7.45pm	Call for details	John & Linda
Ballroom Dancing	7.45-8.45pm	Call for details	John & Linda
Ballroom Dancing	8.45-9.30pm	Call for details	John & Linda
Thursday			
Indoor Cycling	8.30-9.15am	£5.50*	Jo
Trim n Tone	9.30-10.30am	£5.00*	Jackie
Badminton	1.00-2.30pm	£6.50	Allison
Yoga	7.00-8.00pm	£6.00*	Sharon
Ballroom Dancing	7.00-8.00pm	Call for details	John & Linda
Ballroom Dancing	8.00-9.00pm	Call for details	John & Linda
Ballroom Dancing	9.00-10.00pm	Call for details	John & Linda
Friday			
Body Blitz	9.30-10.30am	£5.00*	Jo
Body Toning	9.30-10.30am	£5.00*	Wendy
Pilates	10.45-11.45am	£5.50*	Emmeline
Zumba (Low Impact)	10.45-11.30am	£5.00	Stephanie

*Non-Member £1 entry fee