

### Danbury Sports & Social Centre Fitness Classes

Class	£	Day	Time	Instructor	Start
Body Conditioning	£ 5.00	Monday	08:15	Jo	10-Aug
Strictly Solo (Hire)			09:30	Contact Maria 07957 613516	07-Sep
Zumba Beats (Hire)			10:45		07-Sep
Multi Sports	£ 7.00		14:15		07-Sep

Spinning	£ 5.50	Tuesday	08:15	Jo	18-Aug
Pilates	£ 5.50		08:30	Jackie	02-Sep
Body Toning	£ 5.00		09:30	Wendy	04-Aug
Pilates	£ 5.00		10:30	Paula	25-Aug
Yoga	£ 6.00		11:30	Izzie	25-Aug
Gymnastics			16:00	Caitlin	
Kettlebells	£ 5.00	Wednesday	08:45	Jackie	12-Aug
Zumba	£ 5.50		09:45	Gemma	19-Aug
Pilates	£ 5.50		10:45	Jackie	12-Aug
Spinning	£ 5.50		18:45	Jo	26-Aug
Ballroom Dancing			18:30	John & Linda	26-Aug
Ballroom Dancing			19:45		
Spinning	£ 5.00	Thursday	08:15	Jo	13-Aug
Trim & Tone	£ 5.00		09:15	Jackie	13-Aug
Badminton	£ 6.50		13:00	Allison	13-Aug
Badminton			14:00	Allison	13-Aug
Spinning	£ 5.50		18:45	Jo	10-Sep
Ballroom Dancing			18:45	John & Linda	06-Aug
Ballroom Dancing			20:00		06-Aug
Ballroom Dancing			21:00		06-Aug
Body Blitz	£ 5.00	Friday	08:15	Jo	14-Aug
Body Toning	£ 5.00		09:15	Wendy	07-Aug
Zumba (Hire)			11:00	Steph	11-Sep
Gymnastics			16:00	Caitlin	
Salsa		Saturday	10:30		15-Aug