

Find the class that suits your lifestyle



Studios



unplugged!

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6.30am till 10am	6.45-7.30 1 Boxfit Faye	6.45-7.30 2 Bike Faye	6.45-7.30 1 Bootcamp Sam	9.00-9.30 1 Introduction to Group Exercise	6.45-7.30 2 Bike Sam		
		9.30-10.30 1 Chinese Yoga Neil	9.30-10.15 1 Aerobics Vicki	9.30-10.15 1 Step Christine	9.30-10.15 1 BLT Faye	9.30-10.15 1 Pump Corinne	9.30-10.15 1 Boxfit Corinne	9.30-10.15 1 Fitball Faye
				9.30-10.15 1 Bike Sam				
DAYTIME	10am till 5pm	10.30-11.15 1 Cardio Circuit Vicki	10.30-11.15 1 BLT Vicki	10.30-11.15 1 Pump fx Faye	10.30-11.15 1 Sculpt Faye	10.30-11.15 1 Aerobics Corinne	10.30-11.30 1 Pilates Kerry	10.30-11.15 1 Pump fx Faye
		11.30-12.15 1 Pump fx Christine	11.30-12.15 1 Pilates Annabel	11.30-12.00 1 Abs Blast Faye	11.30-12.15 pool Splash Faye	11.30-12.15 1 Everyone Vicki	11.30-12.15 1 Step & Tone Kerry	11.30-12.15 2 Bike Faye
		11.30-12.15 pool Splash Vicki						
		12.30-13.15 2 Bike Sam	12.30-13.15 pool Splash Kerry H				12.30-13.30 1 Chinese Yoga Neil	
							12.30-13.15 pool Splash Vicki	
EVENING	5pm till 10pm			13.30-14.15 pool Splash Vicki	13.30-14.15 1 50/50 Beth			
		14.30-15.15 1 Everyone Christine		14.30-15.30 1 Tai-Chi Neil	14.30-15.15 1 Everyone Christine			
								15.30-16.30 1 Tai-Chi Neil
		17.30-18.15 1 BLT Faye	17.30-18.15 1 Fitball Faye	17.30-18.15 1 Aerobics Sara	17.30-18.15 1 50/50 Beth			
		18.30-19.15 1 Dance Claire	18.30-19.15 1 Bootcamp Faye	18.30-19.15 1 Sculpt Sara	18.30-19.15 1 Pump fx Faye			
		18.30-19.15 2 Bike Faye	18.30-19.15 2 Bike Jake	18.30-19.15 2 Bike Sabrina	18.30-19.15 2 Bike Beth			
19.30-20.15 1 Boxfit Faye	19.30-20.15 1 Step Jaquie	19.30-20.30 1 Combo Annabel	19.30-20.00 1 Abs Blast Faye					
19.30-20.00 2 Beginner Bike Caz	19.30-20.15 pool Splash Mel		20.00-20.30 1 Introduction to Group Exercise					



**A is for Aerobic.** Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.  
**C is for Conditioning.** Improve your overall body tone, a class to condition and strengthen your body.  
**E is for Escape.** Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.

Ceri Hannan Unplugged



Large Air Conditioned Studio



Valid until 6th July

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 4.30am till 10am	6.45-7.30 1 Boxfit Faye	6.45-7.30 2 Bike Faye	6.45-7.30 1 Circuits Lewis		6.45-7.30 2 Bike JJB		
	9.30-10.30 1 Chinese Yoga Neil	9.30-10.15 1 Aerobics Vicki	9.30-10.15 1 Step Christine	9.30-10.15 1 BLT Faye	9.30-10.15 1 Pump Corinne	9.30-10.15 1 Boxfit Corinne	9.30-10.15 1 Fitball Faye
			9.30-10.15 2 Bike Faye				
DAYTIME 10am till 5pm	10.30-11.15 1 Bikini Blitz Vicki	10.30-11.15 1 BLT Vicki	10.30-11.15 1 Pump Faye	10.30-11.15 1 Sculpt Faye	10.30-11.15 1 Aerobics Corinne	10.30-11.15 1 Pilates Kerry	10.30-11.15 1 Pump Faye
	11.30-12.15 1 Pump Christine	11.30-12.15 1 Pilates Annabel	11.30-12.15 1 Abs Blast Faye	11.30-12.15 1 Bikini Blitz Beth	11.30-12.15 1 Everyone Vicki	11.30-12.15 1 Step & Tone Kerry	11.30-12.15 2 Bike Faye
	11.30-12.15 Pool 1 Splash Vicki				12.30-13.15 2 Bike JJB		
	12.30-13.15 2 Bike Jake	12.30-13.15 Pool 1 Splash Kerry H	13.30-14.15 Pool 1 Splash Vicki		12.30-13.15 Pool 1 Splash Vicki		
	14.30-15.15 1 Everyone Christine		14.30-15.30 1 Tai-Chi Neil	14.30-15.15 1 Everyone Christine	12.30-13.30 1 Chinese Yoga Neil	Monthly Masterclass	15.30-16.30 1 Tai-Chi Neil
EVENING 5pm till 10pm	17.30-18.15 1 BLT Faye	17.30-18.15 1 Sculpt Faye	17.30-18.15 1 Bikini Blitz Sara	17.30-18.15 1 50/50 Beth			
	18.30-19.15 1 Dance Claire	18.30-19.15 1 Circuits Faye	18.30-19.15 1 BLT Sara	18.30-19.15 1 Pump Faye			
	18.30-19.15 2 Bike Faye	18.30-19.15 2 Bike Jake	18.30-19.15 1 Bike Sabrina	18.30-19.15 2 Bike Beth			
	19.30-20.15 1 Boxfit Faye	19.30-20.15 1 Step Jacqui	19.30-20.30 1 Combo Annabel	19.30-20.00 1 Abs Blast Faye			
	19.30-20.00 2 Beginner Bike JJB	19.30-20.15 Pool 1 Splash Mel					



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Timetable valid from Monday 7th July 2008