

MONDAY

07.00 - 07.45	Indoor Cycling	Roland
09.30 - 10.30	Powerwalk ⁺	Gym Team
09.30 - 10.45	Power Yoga	Diana
10.45 - 11.45	Body Pump*	Chrissy
10.45 - 11.30	Aqua	Lesley
18.00 - 18.45	Indoor Cycling	Sophie
18.00 - 19.00	Members Tennis	Gym Team
18.45 - 19.30	Body Pump*	Sophie

TUESDAY

07.00 - 07.45	Body Pump	Wendy
09.00 - 09.45	Indoor Cycling*	Sophie
09.30 - 10.30	Outdoor Cycling	Gym Team
09.45 - 10.30	Indoor Cycling*	Sophie
10.30 - 11.00	Abs Blast	Sophie
11.00 - 12.00	Pilates	Karen
18.00 - 19.00	Pilates	Carol
19.00 - 20.00	Boxfit	Cheryl

WEDNESDAY

07.00 - 07.45	Indoor Cycling	Lesley
09.00 - 09.30	Abs Blast	Lesley
09.30 - 10.15	Indoor Cycling*	Lesley
09.30 - 10.30	Powerwalk	Gym Team
10.15 - 11.00	L B T's	Antonia/Lesley
11.00 - 11.45	Aqua	Antonia
17.30 - 18.15	Boxfit	Kevin
18.30 - 19.30	Members Football	Gym Team
18.15 - 18.55	Indoor Cycling	Carole-Anne
18.30 - 19.15	Aqua	Carol
19.00 - 20.00	Latin Jive	Carol

THURSDAY

09.30 - 10.15	Aqua	Jenny
09.30 - 10.30	Pedal 'n' Pump*	Chrissy
09.30 - 11.00	Social Tennis ⁺	Gym Team
10.30 - 11.15	Dancercise	Lisa
11.15 - 12.15	Pilates	Paula
18.00 - 19.00	Body Pump*	Brenda/Carole-Ann
19.00 - 20.00	Hatha Yoga	Susie

FRIDAY

07.00 - 08.00	Pedal 'n' Pump	Brenda
09.30 - 10.30	Leisure Walk ⁺	Gym Team
09.30 - 10.30	Body Pump*	Sophie
10.30 - 11.15	Boxfit	Sophie
11.15 - 12.00	Stability Ball	Lesley
17.30 - 18.30	Power Yoga	Tamzin

SATURDAY

08.45 - 09.30	Indoor Cycling*	Sophie
09.30 - 10.15	Indoor Cycling*	Sophie
10.00 - 10.45	Aqua	Antonia
10.15 - 11.00	Body Pump*	Sophie
11.15 - 12.00	Core Conditioning	Carol

SUNDAY

10.00 - 11.00	Pilates	Carol
11.00 - 12.00	Body Pump	Carole Ann/Doreen
11.30 - 12.30	Outdoor Cycling ⁺	Gym Team
16.00 - 17.00	Pilates	Adrian

* Please book in advance at the gym reception. Bookings taken a maximum of 6 days in advance.

⁺ All outdoor activities, please meet in Sequoia Reception

PLEASE BE PUNCTUAL FOR YOUR CLASSES; LATE ENTRY WILL NOT BE PERMITTED