

### Monday

10.00-10.45		Aerobics	Liz
18.15-19.00		Yoga	Harjit
19.00-20.00		Zumba	Sylvie
19.00-20.00	<b>*NEW*</b>	Indian dance	Harjit

### Tuesday

9.30 –10.30	<b>*NEW*</b>	Zumba	Roberto
10.30-11.30		Armchair Yoga (£2.45)	Liz
11.45-12.30		50+	Liz
18.15-19.00		Salsacise	Roberto
19.00-20.00		Circuits	Kerrie

### Wednesday

10.00-10.45		Aerobics	Liz
18.15-19.00		Pump it Up	Ashlee
18.15-19.00		Aerobics	Liz
19.00-20.00		Bootcamp	Ashlee

### Thursday

9.15-10.00		20/20/20	Karen
10.00-1100	<b>*NEW*</b>	Zumba Gold	Roberto

### Friday

9.00-10.00		Core Ball	Karen
10.00-11.00		LBT	Liz

### Sunday

9.45-10.45		Circuits	Kerrie
------------	--	----------	--------

**£4.80 per hour class    £4.60 per 45mins class**  
**Concessions apply, proof of eligibility required**  
**Free for all Direct Debit members**  
**Classes subject to change**