

Summer Holiday Workout Timetable

Monday July 26th – Sunday September 5th 2010

Monday

10.00am-11.00am	Body Balance	Studio
6.00pm-7.00pm	Pilates	Studio
7.00pm-8.00pm	Shape & Tone	Studio

Tuesday

10.00am-12.00noon	Active Lifestyle	Studio/Pool
7.15pm-8.15pm	Boxercise	Studio
7.50pm-8.35pm	Aqua Fit	Pool

Wednesday

9.30am-10.30am	Body Condition	Studio
6.00pm-7.00pm	Freestyle Fitness Yoga	Studio

Thursday

10.00am-12.00noon	Active Lifestyle	Studio/Pool
7.30pm-8.30pm	Legs, Bums & Tums	Studio

Friday

11.30am-12.30pm	Body Balance	Studio
6.00pm-7.00pm	Core Fit	Studio

Saturday

9.30am-10.30am	Shape & Tone	Studio
10.30am-11.30am	Pilates	Studio

Sunday

11.30am-12.30pm	Body Balance	Studio
-----------------	--------------	--------

For more information, please contact
Godalming Leisure Centre on 01483 417282



Managed by DC Leisure with the support of Waverley Borough Council