

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am	Monday Blitz With Toni	Complete Conditioning with Lou	Body Pump 9.15am with Jane 45mins	Aero Step 9.15am With Ann 45mins	Body Balance with Toni	Aero Step with Lorraine	**Body Pump with Jane
10am	*SPIN 45min With Jo	*SPIN 45min with Joss	LBT With Toni *SPIN 30min with Jane	*SPIN 30min with Sophie	*SPIN 45min with Gym Staff		*SPIN 45min 9.45am With Gym Staff
10.30am	Zumba With Perry					Body Combat with Ann *SPIN 45min with Nigel	Body Combat with Jane
11.30am			Sensitive Cycling 12noon with Lauren			*SPIN 30min with Nigel	
6pm	*SPIN 45min with Wes	*SPIN 30min with Nigel			*SPIN 45min with Malcolm		
6.30pm	Boxercise with Dan LBT with Emma	Body Combat with Jane *SPIN 60min with Nigel	Body Combat with Jane	Body Pump with Tim *SPIN 45min with Joss			
7pm	*SPIN 30min with Wes						
7.30pm	Body Combat with Becky Body Balance with Emma	Body Pump with Jane	Bootcamp Circuits with Jane LBT with Ann	*SPIN 30min with Joss	Zumba With Perry		
8.30pm	Zumba With Perry	Body Balance with Linda					

Class	Full member	Centre Member	Non member	Class	Full Member	Centre member	Non Member
<b>BODYPUMP **</b>	£1.00/FREE-am	£5.60/£3.50-am	£6.60/£4.70-am	<b>BOOTCAMP CIRCUITS</b>	FREE	£5.00	£6.20
<b>BODYCOMBAT</b>	FREE	£5.00	£6.20	<b>AERO STEP</b>	FREE	£3.50-am	£4.70-am
<b>BODYBALANCE</b>	FREE	£5.00/ £4.00-am	£6.20/ £5.20-am	<b>SENSITIVE CYCLING</b>	FREE	£3.80	£4.30
<b>SPINNING</b>	FREE	£5.00	£6.20	<b>ZUMBA</b>	£2.00	£2.00	£5.00
<b>MONDAY BLITZ</b>	FREE	£4.00am	£5.20	<b>COMPLETE CONDITIONING</b>	FREE	£4.00-am	£5.20-am
<b>LEGS BUMS AND TUMS</b>	FREE	£5.00/ £4.00-am	£6.20/ £5.20-am	<b>FITNESS PILATES</b>	Courses	Courses	Courses
<b>BOXERCISE</b>	FREE	£5.00	£6.20	<b>SPIN COURSES</b>	Courses	Courses	Courses

All prices for PM classes unless specified  
 \*\*Sunday Pump £1.00 for Members

\*Members will be charged £2 for non attendance/ Late cancelation (On day or day before)/ or Non collection of tickets for all Spin classes

\*\*\*All Zumba Classes £2.00 for members  
 All Classes are 60 minutes long unless otherwise specified

New Timetable starts 6<sup>th</sup> September 2010