

## Farnham Sports Centre

### MON

|               |                        |
|---------------|------------------------|
| 9.30 - 10.40  | High Energy Dance      |
| 10.45 - 11.45 | Body Pump              |
| 12.00 - 13.00 | Nifty 50's (beginners) |
| 13.00 - 14.00 | Body Balance           |
| 18.15 - 19.15 | Body Tone              |
| 19.00 - 20.00 | Circuit Training       |
| 19.15 - 20.15 | Body Pump              |
| 20.30 - 21.30 | Body Combat            |

### TUES

|               |                    |
|---------------|--------------------|
| 9.50 - 10.50  | Aero, Blitz & Tone |
| 10.50 - 11.45 | Body Blast         |
| 12.45 - 14.00 | High Energy Dance  |
| 18.00 - 19.00 | Body Pump          |
| 19.00 - 20.00 | Body Combat        |
| 20.30 - 21.45 | High Energy Dance  |

### WEDS

|               |                     |
|---------------|---------------------|
| 10.00 - 11.00 | Legs Bums & Tums    |
| 11.00 - 11.45 | Fit Ball Abs & Core |
| 12.00 - 12.45 | Body Combat         |
| 12.45 - 14.00 | High Energy Dance   |
| 18.00 - 19.00 | Step Aerobics       |
| 19.00 - 19.55 | Circuit Training    |
| 19.00 - 20.00 | Body Balance        |
| 20.00 - 21.00 | Body Pump           |

### THURS

|               |                   |
|---------------|-------------------|
| 9.50 - 10.50  | Body Blast        |
| 10.55 - 11.45 | Core Stability    |
| 12.00 - 13.00 | Body Pump         |
| 18.00 - 19.00 | Body Combat       |
| 19.00 - 20.15 | High Energy Dance |
| 20.15 - 21.15 | Legs, Bums & Tums |

### FRI

|               |                   |
|---------------|-------------------|
| 9.15 - 10.00  | Body Combat       |
| 10.00 - 11.00 | Legs, Bums & Tums |
| 11.05 - 11.40 | Ab Attack         |
| 12.45 - 14.00 | High Energy Dance |
| 18.00 - 19.00 | Body Pump         |
| 19.00 - 20.00 | Circuit Training  |

### SAT

|               |                   |
|---------------|-------------------|
| 8.00 - 9.00   | Body Pump         |
| 9.00 - 10.00  | Step Aerobics     |
| 10.05 - 11.05 | Body Balance      |
| 11.10 - 12.25 | High Energy Dance |

### SUN

|               |              |
|---------------|--------------|
| 9.30 - 10.30  | Body Combat  |
| 10.30 - 11.30 | Body Pump    |
| 17.00 - 18.00 | Body Balance |

**Timetable is correct from January 2010.**