

Workout Timetable

May 2009

Monday

10.00am-11.00am

Body Balance

Studio

7.00pm-8.00pm

Shape & Tone

Studio

Tuesday

10.00am-12.00noon

Active Lifestyle

Studio/Pool

6.30pm-7.00pm

Ab Attack

Studio

7.50pm-8.35pm

Aqua Fit

Pool

Wednesday

9.30am-10.30am

Body Condition

Studio

12.00noon-1.00pm

Body Balance

Studio

6.00pm-7.00pm

Pilates

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

11.00am-12.00noon

Pilates

Studio

Sunday

11.30am-12.30pm

Body Balance

Studio

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