

Winter Timetable



CLASS TIME	CLASS TITLE	INSTRUCTOR	LEVEL	VENUE
Monday				
9.30 - 10.25	total conditioning	Sue Wilson	all	studio
9.30 - 10.15	spin	Lee Callister	all	spin studio
10.30 - 11.25	dance aerobics	Sue Wilson	all	studio
10.30 - 11.15	spin	Lee Callister	all	spin studio
10.30 - 11.15	aqua	Vicky Apter	all	pool
11.30 - 12.25	total conditioning	Sue Wilson	all	studio
12.30 - 13.25	stability ball	Diane Kirby	all	studio
18.00 - 18.55	total conditioning	Diane Kirby	all	studio
18.00 - 18.45	aqua	Carolyn Edwards	all	pool
18.30 - 19.15	spin	Peter Dalziel	all	spin studio
19.00 - 19.55	pilates	Diane Kirby	all	studio
19.15 - 19.55	spin	Peter Dalziel	all	spin studio
20.30 - 22.00	yoga	Cliff Bond	all	studio
Tuesday				
9.00 - 9.55	Total Conditioning	Sue Wilson	All	studio
10.00 - 10.55	Total Body Tone	Sue Wilson	All	studio
10.00 - 10.45	Spin	Nisha Srivastava	All	studio
11.15 - 12.10	Chi Ball	Michelle Brown	All	studio
11.00 - 11.45	Aqua	Nisha Srivastava	All	pool
12.30 - 14.00	Gentle Yoga	Debra Redcliffe	All	studio
17.15 - 18.00	Begin to Spin	Roscoe Brown	Beg	spin
18.15 - 19.00	Spin	Peter Dalziel	All	Spin studio
18.00 - 18.55	Aerobics	Vicky Apter	All	studio
19.15 - 20.15	Body Combat	Lynsey Burns	All	studio
Wednesday				
9.30- 10.15	Step	Vicky Apter	All	studio
9.30 - 10.15	SPIN	Harriet McGuffie	All	spin studio
10.15 - 11.00	Total Body Workout	Vicky Apter	All	studio
11.00 - 11.55	Body Combat	Harriet McGuffie	All	studio
11.15 - 12.00	Aqua	Vicky Apter	All	pool
16.15 - 17.15	Hip Hop Street (kidz)	Carolyn Edwards	kids	Studio
18.00 - 18.55	Boxercise	Lee Callister	All	studio
18.30 - 19.15	Spin	Peter Dalziel	All	spin studio
19.15 - 20.00	Total Body Workout	Lee Callister	All	studio
20.00 - 21.30	Yoga	Debra Redcliffe	All	Studio
Thursday				
9.30 - 10.15	Spin (adult and child 13+)	Roscoe Brown	All	Spin Studio
9.30 - 10.25	Body Pump	Harriet McGuffie	All	Studio
10.30 - 11.15	Aerobics	Harriet McGuffie	All	Studio
10.00 - 10.45	Aqua	Gillian Coyle	All	Pool
11.30 - 12.25	Chi Ball	Michelle Brown	All	Studio
12.30 - 13.55	Line Dancing	Michelle Brown	All	Studio
13.05 - 13.50	Begin to spin	Gayle Woodray	Beg	Studio
18.00 - 18.55	Body Pump	Sue Sefton	All	Studio
18.00 - 18.45	Spin	Lee Callister	All	Studio
19.15 - 20.10	Circuit	Peter Dalziel	Int/adv	Studio
20.15 - 21.15	Self defence (£)	Jeff Loverday	Beg/int	Studio

Friday

9.30 - 10.15	Pilates	Vicky Apter	All	Studio
9.30 - 10.15	spin	Sue Wilson	All	Spin Studio
10.30 - 11.25	Total Conditioning	Sue Wilson	All	Studio
10.30 - 11.15	Aqua	Gayle Woodray	All	Pool
11.30 - 12.25	Step	Sue Wilson	All	Studio
12.30 - 13.25	Mind and Body	Sue Wilson	Beg	Studio
13.30 - 14.30	Chi Ball	Michelle Brown	Beg/Int	Studio
16.00 - 16.55	Total Conditioning	Sue Wilson	All	Studio
17.00 - 17.55	Body Combat	Lucy Delaney	All	Studio
18.00 - 19.00	Tone	Peter Dalziel	Int	Studio

Saturday

9.30 - 10.25	Step	Diane Kirby	All	Studio
10.30 - 11.15	Spin	Diane Kirby	All	Studio
11.30 - 12.15	Total conditioning	Diane Kirby	All	Studio
12.30 - 13.25	Chi Ball	Debbie Mulholland	Beg/Int	Studio
12.30 - 13.15	Spin	Gayle Woodray	All	Spin Studio
14.00 - 15.00	SAQ (kidz)	Carolyn Edwards	kids	Studio
18.30 - 20.00	Yoga	Cliff Bond	All	Studio

Sunday

10.00 - 10.55	Circuit	Matt Davies	All	Studio
10.15 - 11.00	Spin	Peter Dalziel	All	Spin Studio
11.00 - 11.55	Body Pump	Sue Sefton	All	Studio
18.00 - 18.55	Circuit	Peter Dalziel	All	Studio
19.00 - 19.55	Boxercise	Steve Rosental	All	Studio

(£) = Extra Charges

SAQ = Speed agility quickness.

PLEASE BOOK IN FOR ALL CLASSES AT RECEPTION.

FOR SPIN PLEASE REMEMBER 5 MIN BEFORE OUR "ON UR BIKE" POLICY!