

GROUP FITNESS CLASSES - JULY 2007

DAY & TIME	CLASS	LEVEL	INSTRUCTOR
MONDAY			
10.00 - 11.00am	Iyengar Yoga	All	Liz
10.00 - 11.00am	Total Cardio	All	INSTRUCTOR
1.05 - 2.05pm	Pilates	Beginner	Mags Fernandez
5.15 - 6.00pm	Basic Step & Sculpt	All	Teri
6.00 - 6.15pm	Ab's Blast	All	Teri
6.15 - 6.45pm	Body Conditioning	All	Robyn
6.45 - 7.30pm	Fat-burner	All	Robyn
7.30 - 8.00pm	Abdominal Workout	All	Robyn
6.30 - 7.30pm	Aqua Fit	All	Teri T
8.00 - 9.00pm	Power Pump	Int - Adv	Simone
9.00 - 10.00pm	Yoga	Int - Adv	Chantal
TUESDAY			
12.30 - 1.30pm	Aqua Fit	All	Domenico
5.30 - 6.00pm	Body-Tone	All	Liana
6.00 - 6.30pm	Ab's Blast	All	Liana
6.00 - 6.30pm	Beginner Swimmer	Beginner	Roman
6.30 - 7.30pm	Improver Swimmer	Int - Adv	Roman
7.30 - 8.30pm	Boxercise	Int - Adv	Gary Plumridge
WEDNESDAY			
10.00 - 11.00am	Total Cardio	All	INSTRUCTOR
5.15 - 6.00pm	L.B.T	All	Teri
6.00 - 6.30pm	Ab's Blast Special	All	Teri
6.30 - 7.30pm	Step & Sculpt	All	Simone
7.30 - 8.30pm	Power Pump	All	Simone
8.30 - 9.30pm	Beginner Yoga	Beginner	Chantal
THURSDAY			
10.00 - 11.00am	Freestyle Fitness Yoga	All	Simone
12.30 - 1.30pm	Aqua Fit	All	Simone
5.30 - 6.20pm	Pilates	All	Liz Jenner
6.20 - 7.20pm	Power Pump	Int - Adv	Teri
7.20 - 8.00pm	L.B.T	All	Domenico
8.00 - 9.00pm	Yoga	All	Chantal
FRIDAY			
10.00 - 11.00am	Total Cardio	All	INSTRUCTOR
11.00 - 11.45am	Power Pump	All	Teri
11.45 - 12.30pm	Body Conditioning & Ab's	All	Teri
6.00 - 7.00 pm	Women's Self Defense	All	Christina
SATURDAY			
10.00 - 11.30am	Iyengar Yoga	All	Liz
10.30 - 11.30am	Aqua Fit	All	Simone
11.30 - 12.30pm	Beginner Yoga	Beginner	Chantal
1.00 - 2.00pm	Tai Chi	All	Eddie
3.30 - 4.30pm	Step Mania	Int	Simone
4.30 - 5.30pm	Power Pump & Ab's	All	Simone
5.30 - 7.00pm	Ju-Jitsu *(£)	All	Instructor
SUBDAY			
10.00 - 11.00am	Hi-Energy Aerobics	All	Robyn
11.00 - 12.00 noon	Power Pump	All	Robyn
10.30 - 11.00am	Children's Swimming Lessons (4+)	Beginner	Gerard
11.00 - 11.30am	Children's Swimming Lessons (4+)	Intermediate	Gerard
11.30 - 12.00 noon	Adult Swimming Lessons	Beginner	Gerard
12.00 - 12.30pm	Adult Swimming Lessons	Intermediate	Gerard
1.00 - 3.00pm	Muay Thai Boxing *(£)	All	Robert

irendon

timetable

0800

975 2091

Children of FULL-PAYING members (excludes NHS members and Multi-Pass carriers) are permitted to use the swimming pool, with adult supervision on the following days and times:
 FRIDAY AFTERNOON: 2.00 - 5.00pm
 SUNDAY MORNING: 8.30 - 11.30am
 *(£) - denotes a fee is to be paid to the instructor