

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Bookable</u>	<u>Members Prices</u>	<u>Contact information</u>
<u>Monday</u>	7.30am – 8.15am	Spinning	Yes	£4.50	Matt
	9.30 am – 10.45am	Pilates	Yes	See Emily	Emily Wadman - 207723
	11.00am – 12.15am	Pilates	Yes	See Emily	Emily Wadman – 207723
	6.00pm – 7.00pm	NIA	No	£5.00	Melanie Griffiths - 07854082641
	7.00pm – 8.00pm	Circuits	No	£4.00	Sam or Matt
	8.15pm – 9.00pm	Spinning	Yes	£4.50	Matt or Sam
<u>Tuesday</u>	8.00pm – 10.00pm	Myo-Do-Kan	Yes	See Val	Contact Reception
	9.30am – 10.30am	Legs, Bums and Tums	No	£4.00	Gail Rogers
	9.30am – 11.00am	Badminton	No	£1.70	
	9.30am – 12.00pm	Short Mat Bowls	No	£1.70	
	11.30am – 1.00pm	Compact Tennis	No	£1.70	
	5.40pm – 6.40pm	Pilates (Beginners)	Yes	See Liz	Liz Marks – 495911
	6.45pm – 7.45pm	Pilates (Intermediate)	Yes	See Liz	Liz Marks – 495911
	8.00pm – 9.00pm	Pilates (Advanced)	Yes	See Liz	Liz Marks – 495911
<u>Wednesday</u>	9.30am – 10.30am	NIA	No	£5.00	Melanie Griffiths - 07854082641
	11.00am – 12.00pm	Pilates (Beg/Int)	Yes	See Liz	Liz Marks – 495911
	2.30pm – 3.30pm	Compact Tennis	No	£1.70	
	6.00pm – 6.45pm	Spinning	Yes	£4.50	Sam
	7.00pm – 7.45pm	Spinning	Yes	£4.50	Sam
	8.00pm – 9.00pm	Yoga	No	£4.50	Claire Smith
<u>Thursday</u>	9.15am – 10.15am	Fitball Pilates	Yes	See Liz	Liz Marks – 495911
	9.30am – 11.00am	50+ Table Tennis	No	£2.00	
	10.30am – 12.00am	Circle Dancing	Yes	See Brenda	Brenda Kelly - 842405
	4.15pm – 5.15pm	Pilates(Beg)	Yes	See Liz	Liz marks – 495911
	5.40pm – 6.40pm	Pilates(int)	Yes	See Liz	Liz marks – 495911
	7.00pm – 8.00pm	Circuits	No	£4.00	Sam or Matt
<u>Friday</u>	8.15pm – 9.00pm	Spinning	Yes	£4.50	Sam or Matt
	7.30am – 8.15am	Spinning	Yes	£4.50	Sam or Matt
	9.30am – 10.30am	Yoga	No	£4.00	Trisha Robinson
<u>Saturday</u>	11.00am – 11.45am	Spinning	Yes	£4.50	Sam or Matt
	9.00am – 9.45am	Spinning	Yes	£4.50	Sam or Matt
<u>Sunday</u>	11.00am – 11.45am	Spinning	Yes	£4.50	Sam or Matt

Please note that Non members must pay a fee of £1.00 extra on each class.

For any more information on all of our fitness classes then please contact reception.