

# Class Timetable

from 8th March 2010

DAY	TIME	CLASS	INSTRUCTOR	LOCATION	DURATION	
MONDAY	9.30am	Aquacise	Andie	Pool	55m	
	9.30am	Circuits	Mark	Fitness Studio	55m	
	11.15am	Pilates	Andie	Fitness Studio	60m	
	12.30pm	Spin	Kate	Fitness Studio	45m	
	6.05pm	Spin	Jackie	Fitness Studio	45m	
	6.30pm	Fat Burner	Calum	Pembroke Studio	55m	
	7pm	Body Attack Express	Jackie	Fitness Studio	30m	
	7pm	Body Pump Technique instead on the 1st Monday of each month				
	7.30pm	Body Pump	Jackie	Fitness Studio	60m	
	7.30pm	Yoga	Julie	Pembroke Studio	1h15m	
	8.30pm	Body Combat	Jackie	Fitness Studio	60m	
TUESDAY	9.30am	Aerobics	Andie	Fitness Studio	55m	
	10.30am	Abs	Andie	Fitness Studio	30m	
	11.15am	Fat Burner	Andie	Fitness Studio	45m	
	1pm	Body Pump	Laura	Fitness Studio	45m	
	6pm	Body Combat	Laura	Pembroke Studio	60m	
	6pm	Spin	Nichola	Fitness Studio	45m	
	6.55pm	Aerobics	Nichola	Fitness Studio	45m	
	7.40pm	Abs	Nichola	Fitness Studio	30m	
	7pm	Body Attack	Laura	Pembroke Studio	60m	
	7pm	Circuits	Calum	Sports Hall	55m	
	8.10pm	Boxercise	Calum	Pembroke Studio	60m	
	8.15pm	Body Pump	Laura	Fitness Studio	60m	
	WEDNESDAY	9.30am	Body Ball	Andie	Fitness Studio	55m
		10.30am	Body Combat Express	Laura	Fitness Studio	30m
10.30am		Body Pump Technique instead on the 1st Wednesday of each month				
11.15am		Body Pump	Laura	Fitness Studio	60m	
12.30pm		Body Attack	Laura	Fitness Studio	45m	
1.30pm		Yoga	Julie	Fitness Studio	1hr15m	
6.15pm		Body Attack	Nichola	Pembroke Studio	60m	
6pm		Body Combat Technique	Jackie	Fitness Studio	15m	
6.15pm		Body Combat	Jackie	Fitness Studio	60m	
7.15pm		Body Balance	Nichola	Pembroke Studio	45m	
7.15pm		Spin	Jackie	Fitness Studio	45m	
8.10pm		Boxercise	Nichola	Pembroke Studio	45m	
8.15pm		Body Pump	Jackie	Fitness Studio	60m	
THURSDAY	9.30am	Yoga	Julie	Fitness Studio	1h15m	
	11.15am	Body Attack	Laura	Fitness Studio	60m	
	12.30pm	Body Pump	Laura	Fitness Studio	45m	
	1.30pm	Pilates	Dianne	Fitness Studio	55m	
	2.30pm	Fab 50's	Dianne	Fitness Studio	55m	
	6.15pm	Spin	Nichola	Fitness Studio	45m	
	7pm	Circuits	Mark	Sports Hall	55m	
	7.15pm	Yoga	Les	Fitness Studio	1hr15m	
	7.45pm	Aerobics	Dianne	Pembroke Studio	45m	
	8.30pm	Pilates	Dianne	Fitness Studio	45m	
FRIDAY	9.30am	Dance Aerobics	Laura	Fitness Studio	55m	
	10.30am	Abs	Laura	Fitness Studio	30m	
	11.15am	Pilates	Laura	Fitness Studio	60m	
	5.30pm	Spin	Jackie	Fitness Studio	45m	
	6pm	Yoga	Neelam	Pembroke Studio	1hr15m	
	6.30pm	Body Pump	Jackie	Fitness Studio	60m	
	SATURDAY	9am	Step	Julie	Pembroke Studio	55m
9.30am		Total Body Workout	Dianne	Fitness Studio	55m	
10.15am		Yoga	Julie	Pembroke Studio	1h15m	
10.30am		Body Pump	Dianne	Fitness Studio	60m	
SUNDAY	10am	Spin	Jackie	Fitness Studio	45m	
	10.30am	Body Attack	Laura	Pembroke Studio	60m	
	11am	Body Combat	Jackie	Fitness Studio	60m	
	12 noon	Body Balance	Laura	Fitness Studio	60m	

## Studio Information

- If it is your first time at **any class** please make the instructor aware at the start of the class and arrive early where possible.
- If you are more than 5 mins late to the start of a class the instructor has the right to refuse entry as the warm up will have been missed.
- Body Pump and Body Combat Technique classes are available and it is advised that these should be attended prior to doing a full class.
- Participants should have a towel and drink with them when attending classes.
- If you need to leave the studio for any reason during a class please ensure the instructor is made aware.

- Minimum age for class attendance is 16 years - children are not allowed to spectate within the studios.
- Storage plans for the studio should be followed for your own health and safety and the room should not be entered until the instructor is present.
- Tickets/receipts should be handed to the instructor upon entry to the class.
- We will endeavour to give you at least 4 hours notice should a class need to be cancelled due to instructor availability.
- If you are unable to attend a class you must cancel your booking as charges may be applied.

- If there is less than two members attending a class the class will be cancelled.
- Please see posters on site for class descriptions or speak to a member of staff.

## Payment Options

Bronze membership is just £33 per month and entitles you to attend any class (usual booking procedures apply) plus unlimited swimming and sauna/steam use.

Classes can also be attended as a pay as you go option:

Peak: £6.00 Off Peak: £5.50  
(concessionary rates apply)

