



CAVERSHAM

Health & Fitness

STUDIO TIMETABLE 2010

Monday

09.30-10.30 Strength & Tone - Mark
 10.30-11.30 Yoga - Aleigh
 12.15-13.00 Spin - Mark
 18.00-19.00 Hi-Lo Aerobics - Karen
 18.10-18.50 Spin - Natalie
 19.00-20.00 Pump - Natalie
 20.00-21.00 Yoga - Aleigh

Tuesday

09.40-10.30 Spin - Kevin
 10.30-11.30 Yoga Conditioning - Veronica
 11.30-12.30 Pilates - Bev
 18.00-19.00 Body Combat - Ricardo
 18.15-19.00 Spin - Siobhan
 19.00-20.00 Pilates - Julie
 20.00-21.00 Pilates Beginners Course (£) - Julie
 (Next Course commencing 2nd Feb)

Wednesday

09.30-10.30 Pump - Ciaran
 10.30-11.15 Crossfit Combat-Steve(From 27th Jan)
 12.00-13.00 Adult Ballet (£) - Mo
 13.00-14.00 Adult Tap (£) - Mo
 18.00-19.00 Boxing Circuit - Tony
 18.15-18.45 Beginners Spin - Vee
 19.00-20.00 Spin - Hazel
 19.00-20.00 Pure Stretch - Ciaran (Begins 3rd Feb)
 20.00-21.00 Yogalates – Julia

Thursday

09.30-10.10 Spin - Fiona
 10.15-11.00 Power Yoga - Veronica
 18.00-18.45 Circuit Training - Tony
 18.00-18.45 Spin & Conditioning - Hazel
 18.45-19.45 Yoga - Luci
 19.45-20.45 Adult Ballet (£) – Mo
 20.45-21.45 Adult Jazz (£) - Mo

Friday

07.00-07.45 Spin - Siobhan
 09.30-10.30 Conditioning - Fiona
 10.45-11.45 Yogalates - Julia
 18.30-19.15 Spin - Fitness Team

Saturday

09.15-10.00 Spin - Mark
 10.00-11.00 Step - Ciaran

Sunday

10.00-11.00 Pump - Natalie
 11.15-13.45 Self Defence (£)
 17.00-17.45 Spin - Natalie

Classes are available to book 1 day in advance,
 Please book at reception or call on
 01189482970

(£) indicates a paid course, please ask reception
 for more information