

NEW TIMETABLE - FROM January 16th 2012

Monday	Body Pump			Aqua-Aerobics				Fitness Pilates	Retro-Step	Body Attack	Aqua-Aerobics	Body Pump	
	09:30 - 10:15 Sports Hall 			14:30 - 15:15 Pool				17:00 - 17:45 Studio	18:00 - 18:45 Sports Hall	18:45 - 19:30 Sports Hall 	19:30 - 20:15 Pool	19:45 - 20:45 Sports Hall 	
Tuesday		Easy-Conditioning	Conditioning	Aqua-Med		MMA Fitness	SwimFit	Studio Cycling	Aqua-Aerobics	Body Balance	Body Combat	Studio Cycling	
		09:15 - 10:00 Sports Hall	10:00 - 10:45 Sports Hall	11:00 - 11:45 Pool		17:45 - 18:30 Studio	18:00 - 19:00 Pool	18:45 - 19:30 Studio	19:00 - 19:45 Pool	18:30 - 19:30 Sports Hall 	19:30 - 20:30 Sports Hall 	19:30 - 20:15 Studio	
Wednesday			Conditioning	Chair-Based			Yoga	Jog Colne Valley	Body Attack	Studio Cycling	Body Pump	Studio Cycling	
			10:00 - 10:45 Sports Hall	13:15 - 14:00 Sports Hall			17:00 - 18:00 Studio	18:30 - 19:30 Outdoors	18:05 - 19:05 Sports Hall 	18:15 - 19:00 Studio	19:15 - 20:15 Sports Hall 	19:00 - 19:45 Studio	
Thursday	Body Combat	Heart Health	Revive	Activity-Mix				BOSU-CORE	Studio Cycling	Body Combat	Body Balance	MMA Fitness	
	09:30 - 10:30 Sports Hall 	10:45 - 11:45 Sports Hall	12:00 - 13:00 Studio	12:00 - 12:45 Sports Hall				17:30 - 18:10 Studio	18:30 - 19:15 Studio	18:15 - 19:15 Sports Hall 	19:15 - 20:15 Sports Hall 	19:30 - 20:15 Studio	
Friday	Body Pump						Teen Body Combat*	Studio Cycling	Body Pump				
	09:30 - 10:15 Sports Hall 						16:00 - 16:45 Sports Hall 13yrs - 16yrs	17:45 - 18:30 Studio	18:30 - 19:30 Sports Hall 				
Saturday	Body Pump	Studio Cycling	Bootcamp Express		Teen MMA Fitness*	MMA Fitness					What's New?... Teen MMA Fitness (starting on Sat 28th Jan) Saturday @ 14:00 Teen Body Combat (starting on Fri 27th Jan) Friday @ 16:00 Shift It (starting on Sun 29th Jan) Sunday @ 17:45		
	09:00 - 10:00 Sports Hall 	10:30 - 11:15 Studio	10:30 - 11:30 Sports Hall Indoors (for winter)		14:00 - 14:45 Studio 13yrs - 16yrs	15:00 - 16:00 Studio							
Sunday		Body Balance	Zumba	Shift It (Bi weekly)	Aqua-Zumba								
		10:00 - 11:00 Sports Hall 	11:15 - 12:15 Sports Hall 	12:30 - 13:15 Studio	12:30 - 13:15 Pool 								

• Please arrive at least 5 minutes before the class start time – we reserve the right to re-allocate a space to another Member if it is not filled when the Class is due to start • Please arrive in time to take part in the warm-up. • MORE Members: Please only book classes that you know you will be attending. Booking spaces 'in case' is preventing other Members from attending their preferred classes and may result in us having to amend our booking procedure. You must notify us at least 3 hours prior if you are unable to attend the class you have booked. 'No-Shows' are logged and you may be prevented from booking further classes.