

This Timetable starts Monday 2nd January 2012

Monday	Keep Fit		Flex & Stretch	Studio Cycling	Body Pump	Pilates	T'ai Chi	Body Attack	Body Pump	Body Balance	Studio Cycling	Circuits	
	09:45-10:45 Anne 		11:00 - 11:45 Jackie 	12:00 - 12:45 Jackie 	12:15 - 13:00 Tina 	12:15 - 13:00 Katie 	14:00 - 15:00 Beginners-Alison 	18.00-19.00 Jules 	18:00 - 19:00 Ayesha 	19.15 -19.30 Technique 19.30-20.30 class- Jules 	19:15 - 20:15 Avesha 	19:15 - 20:30 Sue/Jason 	
Tuesday	Keep Fit		Heart Health	Yoga	Body Tone	Neuro Chair	Pulmonary Chair	Aquafit	Yoga	Body Combat	Studio Cycling	Zumba	Boxercise
	09:45-10:45 Anne 		11:00 - 12:00 Marc 	11:00 - 12:00 Michael 	12:15 - 13:00 Laura 	14:00 - 15:00 Laura 	14:00 - 15:00 Marc 	18.00 - 18.45 Katharine 	18:00 - 19:00 Rosalind 	18:30-19:30 Harriet/Jules 	19:15 - 20:15 Martin 	19:30 - 20:30 Erin/Martyna 	20:30 - 21:30 Roy
Wednesday	T'ai Chi	Keep Fit	Flex & Stretch		Activity Mix	Pilates	Body Pump	Pilates	Women's Box Fit	Body Balance	Studio Cycling	Circuits	Aquafit
	09:00 - 10:00 Intermediate-Alison 	10:00 - 11:00 Anne 	11:00 - 11:45 Tania 		12:15 - 13:00 Laura 	12:15 - 13:00 Jane 	18:00 - 19:00 Marie 	18:15 - 19:00 Katharine 	18:15 - 19:15 Joanne 	19.15 - 20.15 Lynsey 	19:15 - 20:15 Marie/Jackie 	19:15 - 20:30 Marie 	20.15 - 21.00 Louise
Thursday		Keep Fit	Pulmonary Chair	Aquafit	Studio Cycling	Zumba		Pilates	Jog Kirklees	Step	Studio Cycling	Boxercise	
		10:00 - 11:00 Anne 	11.00-12.00 Marc 	11:00 - 11:45 Anna 	11:15 - 12:00 Lawrence 	12:15 - 13:00 Erin/Martyna 		17:30 - 18:15 Katharine 	18:30 - 19:15 Dave 	18:30 - 19:30 Martin 	18.30-19.30 Katharine 	19:30 - 20:30 Roy 	
Friday	Keep Fit	Yoga		Aquamed	Aquafit	Body Pump			Body Attack				
	09:45-10:45 Anne 	10:45 - 11:45 Michael 		11.30-12.15 Josephine 	12.15-1.00 Josephine 	12:15 - 13:00 Erin 			18.00-19.00 Marie 				
Saturday	Body Combat												
	9:00-10:00 Harriet 												
Sunday								Aquafit	Aquafit	Zumba			
								17:15 - 18:00 Louise- Deep Water 	18:00 - 18:45 Louise 	17.00-18.00 Matthew 			

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 hrs 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. Book and cancel most classes online at www.kirkleesactive.co.uk/online