

Studio Timetable

From January 2009

MONDAY

09.30 – 10.15	Legs, Bums & Tums	Pippa
10.15 - 11.00	Fit Ball Toning	Pippa
12.00 - 13.00	Aqua Disco	Pat
18.30 - 19.30	Schwinn Indoor Cycling	Stephen

TUESDAY

17.45 – 18.45	Groove FX	Pippa
18.45 – 19.15	Ab Attack	Pippa
19.30 - 20.15	Schwinn Indoor Cycling	Stephen

WEDNESDAY

17.45-18.30	Fit ball Toning	Pippa
18.30-19.15	Fighting Fit	Pippa

THURSDAY

12.00 – 13.00	Aqua Disco	Pat
18.45 - 19.30	Schwinn Indoor Cycling	Stephen

FRIDAY

09.30 – 10.30	Stomp FX	Pippa
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Please book in advance for exercise classes

Pilates and Yoga now available – Please enquire at reception

Swimming lessons take place between 16.00 – 18.00 Monday & Friday

Opening Times

Mondays to Saturdays 07.00 – 21.00 and Sundays 10.00 – 18.00

Children are welcome between 09.00-19.00 Mon-Sat & all day Sunday.

Last Entry to the Health Club is 1 hour prior to closing time