



Easter timetable

FRIDAY 18TH APRIL

TIME	CLASS	INSTRUCTOR
09:00	Abs Blast	Betty
09:30	RPM	Helena
10:30	Zumba	Valeria
11:15	Body Pump	Jojo
13:00	Aqua	Emiko
17:30	Body Attack	Helana

SATURDAY 19TH APRIL

TIME	CLASS	INSTRUCTOR
08:45	Beginners Yoga	Valeria
09:00	Zumba	Michelle
09:40	RPM	Nigel
10:00	Rebound	Helena
16:00	Aqua	Emiko

SUNDAY 20TH APRIL

TIME	CLASS	INSTRUCTOR
08:45	Pilates	Hannah
09:30	Body Attack	Nigel
10:00	Medidation & Mindful Movement	Julie W
10:45	Body Pump	Karen

MONDAY 21ST APRIL

TIME	CLASS	INSTRUCTOR
08:30	Spin	Andy
09:30	Bootcamp	Michael
09:30	Pilates	Tara
09:40	Spin	Andy
10:00	Aqua	Jo
10:30	Zumba	Tara
11:30	Intermediate Pilates	Tara
11:45	Body Conditioning	Jo
12:40	Box Fit	Richard
12:45	Aqua	Jo
17:40	Body Combat	Daz