

# Easter Timetable

Friday 14th April - Monday 17th April

THE  
HOGARTH  
HEALTH  
CLUB

## Friday 14th April - Club open 8am to 8pm

Time	Activity	Instructor	Area	Level
09.00-10.00	Bodypump	Lana	Studio1	General
10.00-11.30	Hatha Yoga	Chris	Studio2	General
11.00-12.00	Danceworks	Alison	Studio1	General
12.00-13.00	Stretchworks	Alison	Studio1	General

## SATURDAY 15th April - Club open 8am to 8pm

08.15-09.15	Pilates	Binita	Studio2	Beginner
08.30-09.30	Spin	Simon	Studio1	General
09.15-10.15	Pilates	Binita	Studio2	Intermediate
09.45-10.15	HIIT	Simon	Studio3	General
10.00-11.00	Body conditioning	Ayesha	Studio1	General
10.15-11.15	Hatha Yoga	Heather	Studio2	General
11.00-12.00	Funky step	Simone	Studio1	General
11.15-13.15	Ashtanga Yoga	Karen	Studio2	Intermediate
13.00-14.00	Low Fu Tae Bo	Noel	Studio1	General

## SUNDAY 16th April - Club open 8am to 8pm

09.00-10.00	Body conditioning	Dean	Studio1	General
10.00-11.00	Bodypump	Dean	Studio1	General
10.30-12.00	Hatha Yoga	Terry	Studio2	General

## MONDAY 17th April - Club open 8am to 8pm

10.00-11.00	Spin	Charles	Studio1	General
10.00-11.00	HIIT	Alex	Studio3	General
11.00-12.30	Hatha Yoga	Zsuzsa	Studio2	General
11.15-12.15	Body conditioning	Simone	Studio1	General

