

# THE PARK CLUB ADULT CHRISTMAS TIMETABLE 2011/12

Time	Activity	Instructor	Area	Level	Cost	
<b>FRIDAY 23rd December 2011 - Normal Opening Hours</b>						
07.00 - 08.00	BODYPUMP®	Karen M	1	General	Free	<input type="checkbox"/>
07.00 - 08.30	Hatha Yoga	Rose	3	General	Free	<input checked="" type="checkbox"/>
08.00 - 08.30	Only Abs	Karen M	1	General	Free	<input type="checkbox"/>
09.30 - 10.30	BODYPUMP®	Karen M	1	General	Free	<input type="checkbox"/>
09.30 - 11.00	Iyengar Yoga	Jackie	3	Beginner	Free	<input checked="" type="checkbox"/>
10.00 - 12.00	Social Tennis Club	Shane	C1/C2/C3/C4	2,3,4&5	Free	<input checked="" type="checkbox"/>
12.30 - 13.30	Zumba	Lucy	1	General	Free	<input type="checkbox"/>
13.00 - 14.00	Pilates	Louise	3	General	Free	<input type="checkbox"/>
19.00 - 21.00	Beginners Tennis Drills	Bob	C1/C2	1 & 2	£5	<input checked="" type="checkbox"/>

## SATURDAY 24th December 2011 - 8am to 3pm

09.00 - 10.00	Spinning®	Charles	1	General	Free	<input type="checkbox"/>
09.30 - 10.30	Pilates	Michelle	3	General	Free	<input type="checkbox"/>
10.30 - 11.30	Pilates	Michelle	3	General	Free	<input type="checkbox"/>
11.00 - 13.00	Social Tennis Club	ALTC	C1/C2/C3	3,4&5	Free	<input checked="" type="checkbox"/>
12.30 - 13.30	Belly Dancing	Arina	1	General	Free	<input type="checkbox"/>

## SUNDAY 25th December 2011 - CLOSED

## MONDAY 26th December 2011 - CLOSED

## TUESDAY 27th December 2011 - 8am to 6pm

09.15 - 10.00	Spinning®	Charles	1	Advanced	Free	<input type="checkbox"/>
09.45 - 10.30	H2O	Ana	Pool	General	Free	<input checked="" type="checkbox"/>
10.00 - 11.00	Stretchworks	Alison	3	General	Free	<input type="checkbox"/>
10.00 - 12.00	Mixed Tennis Dynamic Drills	Bob	C1/C2	3 & 4	£5	<input checked="" type="checkbox"/>
11.00 - 12.00	Advanced Stretchworks	Alison	3	Advanced	Free	<input type="checkbox"/>
11.30 - 12.30	Step & Tone	Peter	1	General	Free	<input type="checkbox"/>
12.30 - 13.30	Tennis Doubles Drills	Bob	C1/C2	2 & 3	£2.50	<input checked="" type="checkbox"/>
13.00 - 14.30	Scaravelli Yoga	Laura S	3	General	Free	<input checked="" type="checkbox"/>

## WEDNESDAY 28th December 2011 - Normal Opening Hours

10.00 - 12.00	Tennis Drills	Bob	C1/C2	2 & 3	£5	<input checked="" type="checkbox"/>
10.30 - 11.30	50 / 50	Linda S	1	General	Free	<input type="checkbox"/>
11.30 - 12.30	BODYPUMP®	Linda S	1	General	Free	<input type="checkbox"/>
11.30 - 13.00	Dynamic Hatha Yoga	Karen S	3	General	Free	<input checked="" type="checkbox"/>
12.30 - 13.30	Zumba	Lucy	1	General	Free	<input type="checkbox"/>
13.00 - 14.00	Stretchworks	Alison	3	General	Free	<input type="checkbox"/>
19.00 - 20.30	Dynamic Yoga	Katie	3	General	Free	<input checked="" type="checkbox"/>

## THURSDAY 29th December 2011 - Normal Opening Hours

07.00 - 07.45	Spinning®	Giorgio	1	General	Free	<input type="checkbox"/>
07.15 - 08.30	Vinyassa Flow	Rachel	3	General	Free	<input type="checkbox"/>
09.15 - 10.00	Hi Lo	Linda S	1	General	Free	<input type="checkbox"/>
09.20 - 10.15	Stretchworks	Alison	3	General	Free	<input type="checkbox"/>
09.45 - 10.30	H2O	Ana	Pool	General	Free	<input checked="" type="checkbox"/>
10.00 - 11.00	Spinning®	Karen M	1	Advanced	Free	<input type="checkbox"/>
10.00 - 11.30	Beginners Tennis Drills	Bob	C3/C4	1	£3.75	<input checked="" type="checkbox"/>
10.00 - 12.00	Social Tennis Club	Shane	C1/C2	2,3&4	Free	<input checked="" type="checkbox"/>
11.00 - 12.00	Advanced Stretchworks	Alison	3	Advanced	Free	<input type="checkbox"/>
11.00 - 12.00	Abs, Back & Arms	Karen M	1	General	Free	<input type="checkbox"/>
12.00 - 13.00	Danceworks	Alison	3	General	Free	<input type="checkbox"/>
13.00 - 14.00	Tennis Doubles Drills	Shane	C1/C2	4 & 5	£2.50	<input checked="" type="checkbox"/>
14.00 - 15.00	Tai Chi	Ross	1	General	Free	<input type="checkbox"/>
18.00 - 21.00	Social Tennis	ALTC	C3/C4	3,4&5	Free	<input checked="" type="checkbox"/>
18.30 - 20.00	Hatha Yoga	Rachel	3	General	Free	<input checked="" type="checkbox"/>
19.00 - 20.00	Military Fitness	Alex F	1	General	Free	<input type="checkbox"/>

**FRIDAY 30th December 2011 - Normal Opening Hours**

07.00 - 08.00	BODYPUMP®	Karen M	1	General	Free	<input type="checkbox"/>
07.00 - 08.30	Hatha Yoga	Rose	3	General	Free	<input checked="" type="checkbox"/>
08.00 - 08.30	Only Abs	Karen M	1	General	Free	<input type="checkbox"/>
08.30 - 09.30	Stretchworks	Alison	3	General	Free	<input type="checkbox"/>
09.30 - 10.30	BODYPUMP®	Karen M	1	General	Free	<input type="checkbox"/>
09.30 - 11.00	Iyengar Yoga	Jackie	3	Beginner	Free	<input checked="" type="checkbox"/>
10.00 - 12.00	Social Tennis Club	Shane	C1/C2/C3/C4	2,3,4&5	Free	<input checked="" type="checkbox"/>
10.30 - 11.30	Step & Tone	Peter	1	Beginner	Free	<input type="checkbox"/>
11.00 - 12.00	Mother & Baby Yoga	Karen S	3	General	Free	<input type="checkbox"/>
11.30 - 12.30	Spin & Abs	Karen M	1	General	Free	<input type="checkbox"/>
11.45 - 12.30	H2O	Peter	Pool	General	Free	<input checked="" type="checkbox"/>
12.30 - 13.30	Zumba	Lucy	1	General	Free	<input type="checkbox"/>
13.00 - 14.00	Pilates	Louise	3	General	Free	<input type="checkbox"/>

**SATURDAY 31st December 2011 - 8am to 3pm**

09.00 - 10.00	Spinning®	Charles	1	General	Free	<input type="checkbox"/>
09.30 - 10.30	Pilates	Liana	3	General	Free	<input type="checkbox"/>
10.30 - 11.30	Pilates	Liana	3	General	Free	<input type="checkbox"/>
11.00 - 13.00	Social Tennis Club	ALTC	C1/C2/C3	3,4&5	Free	<input checked="" type="checkbox"/>
12.30 - 13.30	Belly Dancing	Arina	1	General	Free	<input type="checkbox"/>

**SUNDAY 1st January 2012 - CLOSED****MONDAY 2nd January 2012 - 8am to 6pm**

09.15 - 10.00	Step & Tone	Peter	1	General	Free	<input type="checkbox"/>
10.00 - 11.00	BODYPUMP®	Linda S	1	General	Free	<input type="checkbox"/>
10.00 - 11.30	Iyengar Yoga	Jackie	3	General	Free	<input checked="" type="checkbox"/>
10.00 - 12.00	Tennis Drills & Skills	Bob & Canx	C1/C2	2,3,4&5	£5	<input checked="" type="checkbox"/>
11.00 - 11.45	Total Body Workout	Linda S	1	Beginner	Free	<input type="checkbox"/>
13.00 - 14.00	Pre Natal Workout	Liana	3	General	Free	<input type="checkbox"/>
13.00 - 14.00	Belly Dancing	Arina	1	General	Free	<input type="checkbox"/>
14.00 - 15.00	Post Natal Pilates	Liana	3	General	Free	<input type="checkbox"/>

**TUESDAY 3rd January 2012 - Normal Opening Hours**

06.30 - 07.30	Running Club	Lee	Meet in the Gym	General	Free	<input type="checkbox"/>
07.00 - 07.45	Spinning®	Karen M	1	General	Free	<input type="checkbox"/>
08.00 - 09.00	BODYPUMP®	Karen M	1	General	Free	<input type="checkbox"/>
09.15 - 10.00	Spinning®	Charles	1	Advanced	Free	<input type="checkbox"/>
09.45 - 10.30	H2O	Ana	Pool	General	Free	<input checked="" type="checkbox"/>
10.00 - 11.00	Stretchworks	Alison	3	General	Free	<input type="checkbox"/>
10.00 - 12.00	Mixed Tennis Dynamic Drills	Shane	C1/C2	3 & 4	£5	<input checked="" type="checkbox"/>
11.00 - 11.30	Only Abs	Karen M	1	General	Free	<input type="checkbox"/>
11.00 - 12.00	Advanced Stretchworks	Alison	3	Advanced	Free	<input type="checkbox"/>
11.30 - 12.30	Step & Tone	Peter	1	General	Free	<input type="checkbox"/>
12.00 - 13.00	Pilates	Helena	3	General	Free	<input type="checkbox"/>
12.30 - 13.30	Tennis Doubles Drills	Shane	C1/C2	2 & 3	£2.50	<input checked="" type="checkbox"/>
13.00 - 13.45	Aquanatal	Helena	Pool	General	Free	<input type="checkbox"/>
13.00 - 14.30	Scaravelli Yoga	Laura S	3	General	Free	<input checked="" type="checkbox"/>
18.00 - 21.00	Social Tennis Club	ALTC	C3/C4	3,4&5	Free	<input checked="" type="checkbox"/>
18.30 - 19.30	Strictly Dance	Carol	1	General	Free	<input type="checkbox"/>
18.45 - 20.15	Ashtanga Yoga	Linda H	3	General	Free	<input checked="" type="checkbox"/>
19.00 - 21.00	Mens Tennis Drills	Shane	C1/C2	4 & 5	£5	<input checked="" type="checkbox"/>
19.30 - 20.30	Boxing Training	Sandip	1	General	Free	<input type="checkbox"/>