

Easter Timetable

Friday 18th April - Monday 21st April

FRIDAY 18th April - Club open 8am to 8pm

09.00 – 10.00	BODYPUMP®	Alla	1	General
10.00 – 11.00	Spinning®	David	1	General
10.00 – 11.00	Hatha Yoga	Michaela	2	Intermediate
11.00 – 12.00	Danceworks	Alison	1	General
12.00 – 13.00	Stretchworks	Alison	1	General
13.00 – 13.45	Legs, Bums & Tums	Ris	1	Beginner
13.30 – 15.00	Hatha Yoga	Tina	2	General
13.45 – 14.30	BODYPUMP®	Ris	1	General

SATURDAY 19th April - Normal opening hours

08.00 - 09.00	Pilates	Louise	2	Beginner
08.30 - 09.30	Spinning®	David	1	General
09.00 - 10.00	Pilates	Louise	2	Intermediate
09.30 - 10.00	Only Abs	David	1	General
10.00 - 11.00	Hatha Yoga	Helen	2	Beginner
10.00 - 11.00	Body Conditioning	Ayesha	1	General
11.00 - 12.00	Funky Step	Simone	1	General
11.00 - 13.00	Ashtanga Yoga	Helen	2	Intermediate

SUNDAY 20th April - Normal opening hours

09.00 - 10.00	Body Conditioning	Dean	1	General
10.00 - 11.00	BODYPUMP®	Dean	1	General
10.00 - 16.00	Family Splash	NA	Pool	NA
10.30 - 12.00	Hatha Yoga	Terry	2	General
11.00 - 11.45	Hi/Lo	Simone	1	General
15.00 - 16.00	Hatha Yoga	Caroline	2	Beginner

MONDAY 21st April - Club open 8am to 8pm

09.00 – 10.00	Pilates	Louise	2	
09.00 – 10.00	BODYPUMP®	Ris	1	
10.00 – 11.00	Spinning®	Charles	1	
10.00 – 11.00	Pilates	Louise	2	
10.15 – 11.00	H2O	Ris	Pool	
11.00 – 12.30	Hatha Yoga	Anna	2	
12.30 – 13.30	Danceworks	Alison	1	
13.30 – 14.30	Stretchworks	Alison	1	

