

2nd Floor Studio Class Timetable

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|---|--|---|
| | 08:00-09:00 Hi-Lo * Steve | 07:00 - 07:45 Cardio Cycle ** Decarlo | 08:00-09:00 Hi-Lo * Steve | 10:00-11:00 (£) Pilates Dynamic Reformer ** Tina | 10:00-11:00 (£) Pilates Dynamic Reformer ** Mabel |
| | | 09:30-10:30 (£) Pilates Dynamic Reformer ** Carl | | 10:00 - 10:45 Aqua Fit * Tatianna | 10:00 - 11:00 Aqua Fit * Tatianna |
| | 10:15 – 11:15 Aqua Fit * Tatiana | | | 12:45 - 13:45 (£) Pilates Dynamic Reformer * Jenni | |
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This Timetable is valid from 26 to 31 August and is subject to change.

Please note the timetable will be reduced during holiday periods.

* General: Classes in this level are Ideal for participants of Beginners or Intermediate levels.

** Intermediate: Classes for those used to exercising for a moderate level of fitness.

*** Advanced: Classes for participants of high levels of fitness, used to exercise in such classes.

🚫 = Booking required. (£) Booking and pre-payment is required (£20/person/class)