

## Class timetable 2<sup>nd</sup> floor Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45 Cardio Cycle** Erika	08:00-09:00 <b>Hi-Lo</b> Steve	07:00 - 07:45 Cardio Cycle** Irena	08:00-09:00 <b>Hi-Lo</b> Steve	10:00-11:00 (£) Pilates Dynamic Reformer** Tina	10:00-11:00 (£) Pilates Dynamic Reformer** Mabel	
09:35-10:20 Aqua Fit* Elif		09:30-10:30 (£) Pilates Dynamic Reformer** Carl	9:10-10:10 (£) Pilates Dynamic Reformer** Annalisa	10:00 - 10:45 Aqua Fit* Tatiana	10:00 - 11:00 Aqua Fit* Tatiana	
	10:15 - 11:15 Aqua Fit* Tatiana			12:45 - 13:45 (£) Pilates Dynamic Reformer* Tina		
18:30 - 19:15 Cardio Cycle** Para			18:30 - 19:15 Cardio Cycle** Erika			

**This timetable is valid from 7 to 13 January 2019 and is subject to change**

\* General: Classes in this level are Ideal for participants of Beginners or Intermediate levels. Please note the timetable will be reduced during holiday periods.

\*\* 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)