

ADULT ACTIVITIES TIMETABLE

<u>DAY</u>	<u>ACTIVITY</u>	<u>TIME</u>	<u>COST</u>	<u>INSTRUCTOR</u>
MONDAY	BODY CONDITIONING	9.30-10.30AM	£4.00*	JO
	CIRCUIT TRAINING	7.00-8.00PM	£4.00*	ARTHUR
	LADIES DANCE CLASS	7.00-8.00PM	£4.00*	JEN
	LADIES DANCE CLASS	8.00-9.00PM	£4.00*	JEN
TUESDAY	CARDIO FIT (20.9.11)	9.30-10.30AM	£4.00*	STEVE
	PILATES MINI BALL	9.30-10.30AM	£4.50*	STEWART
	PILATES	10.45-11.30AM	£4.00*	STEWART
	CARPET BOWLS	2.15-4.15PM	£3.00*	
	PILATES	7.00-8.00PM	£4.50*	FIONA
WEDNESDAY	CORE TRAINING	9.30-10.30AM	£4.00*	PAUL
	ZUMBA	10.45-11.45AM	£4.50*	JOANI
	EXERCISE & DANCE	2.00-3.00PM	£4.00*	JUDY
	TRIM N TONE	7.00-8.00PM	£4.00*	ARTHUR
	BOXERCISE	8.00-9.00PM	£4.50*	STEVE
	BALLROOM DANCING	7.00-10.00PM		JEN
THURSDAY	STABILITY & SPIN(15.9.11)	9.30-10.30AM	£5.00*	JO
	INDOOR CYCLING (6.10.11)	6.45-7.45PM	£6.00*	SAM
	BALLROOM DANCING	8.00-10.00PM		JEN
FRIDAY	BODY BLITZ	9.30-10.30AM	£4.00*	JO
	PILATES	10.45-11.30AM	£4.00*	SARAH
	ZUMBA	6.00-6.45PM	£4.50*	RACHAEL

MEMBERS PRICE SHOWN – NON/MEMBERS £1 ENTRY FEE