

Adult Activities Timetable

DAY/TIME	ACTIVITY	TIME	COST	INSTRUCTOR
Monday	Body Conditioning	9.30am - 10.30am	£3.70	Jo
	Belly Dancing	10.45am - 11.45am	£5.00	Noha
	Hatha Yoga	1.30pm - 2.30pm	£5.50	Kasia
Tuesday	Circuit Training	7.00pm - 8.00pm	£3.70	Arthur
	Pilates Mini Ball	9.30am - 10.30am	£4.50	Kasia
	Pilates	10.45am - 11.30am	£4.00	Kasia
	Carpet Bowls	2.15pm - 4.15pm	£2.70	
Wednesday	Pilates	7.00pm - 8.00pm	£4.50	Sharon
	Core Training	9.30am - 10.30am	£3.70	Paul
	Exercise & Dance	2.00pm - 3.00pm	£3.70	Judy
	Trim 'N' Tone	6.45pm - 7.45pm	£3.70	Arthur
Thursday	Cardio Kick	10.30am - 11.30am	£3.70	Jo
	Pilates Mini Ball	11.30am - 12.30pm	£4.50	Kasia
Friday	Body Blitz	9.30am - 10.30am	£3.70	Jo
	Pilates	10.45am - 11.30am	£4.00	Kasia
Saturday	Cardiac Rehab	10.00am - 11.00am	£3.70	George

Prices shown are members prices. Non members add £1 entry fee.
 Creche facilities available Monday, Tuesday and Friday 9.30am - 10.30am
 Timetable subject to change