

Monday					Members
9.30- 10.30	Pump and Tone	Sharon	All		£1
9.30- 10.15	Aqua	Dot	All		£1
11.45- 12.45	Pilates	Sue	Advanced		£1
19.30- 20.30	Body Pump	Emi	Intermediate		£1
19.00- 20.00	Yoga	Dimi	All		£1
19.30- 20.15	Aqua	Derek	All		£1
20.00- 21.00	Yoga	Dimi	All		£1
Tuesday					
6.45- 7.45	Military Fitness	Paul	All		£2.50
9.30- 10.30	Yoga	Dimi	All		£1
9.45- 10.45	LBT	Sue	All		£1
10.30- 11.15	Aqua	Dot	All		£1
10.45- 11.45	Pilates	Sue	All		£1
18.15- 19.00	Aero Tone	Ros	All		£1
19.30- 20.15	Strike	Derek	Intermediate		£1
19.30- 20.30	Pilates	Julia	All		£1
Wednesday					
11.30- 12.30	Pilates	Ann	All		£1
12.30- 13.30	Pilates	Ann	All		£1
18.30- 19.30	Pilates	Shireen	All		£1
19.30- 20.30	Pilates	Shireen	All		£1
19.30- 20.15	Aqua	Dot	All		£1
Thursday					
9.30- 10.30	LBT	Dot	All		£1
9.30- 10.15	Aqua Yogacise	Diana	All		£1
10.00- 11.00	Military Fitness	Jason	All		£2.50
18.30- 19.30	Aero Tone	Ros	All		£1
19.00- 20.00	Military Fitness	Jason	All		£2.50
19.30- 20.15	Aqua	Dot	All		£1
20.15- 21.15	Pilates	Julia	All		£1
Friday					
9.30- 10.30	Yoga	Dimi	All		£1
Saturday					
9.15- 10.15	Body Pump	Jenny	Intermediate		£1
10.20- 11.20	Circuits	Jenny	All		£1

Non-Member Charges

Aerobics classes £7.50

Yoga/Pilates classes £8.50

Military Fitness £5.00

Colour-coded classes are limited to one per week