

## Class Timetable 13<sup>th</sup> February 2012-16<sup>th</sup> March 2012

<b>Monday</b>		
<b>12pm-12:45pm</b>	<b>SPIN CYCLING</b>	Gym/Dance Studio <b>CHRIS</b>
<b>5.15pm-6pm</b>	<b>ABS BLAST</b>	Tent <b>GRACE</b>
<b>6pm-7pm</b>	<b>CIRCUITS</b> (Free with Membership)	Tent <b>GRACE</b>
<b>Tuesday</b>		
<b>12pm-12.50pm</b>	<b>PILATES</b>	Dance Studio <b>GRACE</b>
<b>Thursday</b>		
<b>1pm-2pm</b>	<b>YOGA</b>	Dance Studio <b>ANNA</b>
<b>6pm-6:45pm</b>	<b>SPIN CYCLING</b>	Gym/Dance studio <b>LAURA</b>
<b>Friday</b>		
<b>6pm-7pm</b>	<b>ZUMBA</b>	Dance Studio <b>DEE</b>

### Prices

<b>Platinum Members</b>	<b>FREE</b>
<b>Gold/Silver Members</b>	<b>£2.00</b>
<b>Bronze/Sports Members</b>	<b>£3.00</b>
<b>Non Members</b>	<b>£4.00</b>

Contact Reception on 01904 323855 for further details