



**PICTURE OF HEALTH CLUB**

**CLASS TIMETABLE 2019**

Monday	Tuesday	Wednesday
0930-1015 Spin & Abs * 1030-1130 Total Tone Zone * 1000-1045 Aqua Aerobics * 1100-1145 Aqua Aerobics 1215-1315 Yoga Core 1330-1430 Yoga Level 1 1800-1900 Boxercise Circuits 1915-1945 AB BLAST 2000-2100 Sculpt & Spin	0700-0745 Get up n Go 0915-1000 Tums Bums & Thighs * 1230-1530 Water Babies 1745-1830 Core Stability 1845-1945 Circuits 2000-2100 Zumba	0715-0745 Metafit 0920-0950 Spin Blast * 1000-1100 Zumba * 1105-1205 Yoga level 2 1300-1500 Water Babies 1800-1845 ½ Bikes ¼ Abs 1900-1945 Kettlebells 2000-2030 Metafit
Thursday	Friday	Saturday
0700-0745 Get up n Go 0930-1000 Metafit * 1000-1100 Pilates Intermediate * 1100-1200 Pilates all levels 1230-1330 Zumba 1800-1915 Yoga 1915-2000 Core Stability	0920 -0950 Spin Blast * 1000-1045 Aqua Aerobics * 1045-1130 Aqua Aerobics 1000-1045 Body Conditioning * 1730-1815 ½ Bikes ¼ Abs 1830-1900 Metafit 1900-2000 Pilates	0900-1330 Swimming lessons with Aquatic Learning 0930-1030 Get up and Go  <b>Sunday</b> 1000-1030 Metafit 1100-1130 Form & Technique Correction 1800-1845 Instructor’s Choice
<b>To book your class please contact reception            or telephone 01383 624216</b>		* Crèche available