

# CLASS, COURSE & ACTIVITY TIMETABLE

<b>M</b>	09:30	10:30	AEROBICS & TONING	£5.00	The Heywood	Sarah Langley
	13:00	14:30	TENNIS COACHING	£9.00	The Heywood	Liz Cubitt
	18:30	19:15	SPINNING	£5.00	The Heywood	Liz Cole
	19:00	20:00	THE JUNGLE BODY: <i>KONGA</i> ®	£5.00	Diss High School	Amy Bobbins
	20:00	20:30	THE JUNGLE BODY: <i>BURN!</i> ® (WEIGHTS REQUIRED)	£2.50	Diss High School	Amy Bobbins
<b>T</b>	09:30	10:30	THE JUNGLE BODY: <i>KONGA</i> ® + <i>JAGUA</i> ® + <i>BURN!</i> ®	£5.00	The Heywood	Amy Bobbins
	17:45	18:15	SPINNING	£3.50	The Heywood	Tom Bobbins
	18:30	19:00	CARDIO-TENNIS	£4.00	The Heywood	Lauren Larner
	18:30	19:15	JOGGERS (5KM)	Annual	The Heywood	Richard Houston
	18:30	19:00	HIIT STEP	£5.00	The Heywood	Helen Blee
	19:00	20:00	STEP AEROBICS	£5.00	The Heywood	Helen Blee
	20:00	21:00	CIRCUIT TRAINING	£5.00	The Heywood	Liz Cole
<b>W</b>	09:30	10:30	THE JUNGLE BODY: <i>KONGA</i> ®	£5.00	Yaxley Village Hall	Donna Taylor
	09:30	10:30	THE JUNGLE BODY: <i>KONGA</i> ®	£5.00	The Heywood	Amy Bobbins
	10:30	11:00	THE JUNGLE BODY: <i>BURN!</i> ® (WEIGHTS REQUIRED)	£2.50	The Heywood	Amy Bobbins
	18:15	18:45	SPINNING	£3.50	The Heywood	Dean Sofley
	19:30	20:30	THE JUNGLE BODY: <i>KONGA</i> ®	£5.00	Diss High School	Amy Bobbins
	20:30	21:00	THE JUNGLE BODY: <i>BURN!</i> ® (WEIGHTS REQUIRED)	£2.50	Diss High School	Amy Bobbins
<b>T</b>	09:30	10:30	THE JUNGLE BODY: <i>KONGA</i> ® + <i>JAGUA</i> ® + <i>BURN!</i> ®	£5.00	The Heywood	Amy Bobbins
	18:30	19:15	SPINNING	£5.00	The Heywood	Liz Cole
	18:30	19:15	JOGGERS (5KM)	Annual	The Heywood	Richard Houston
	20:00	21:00	CIRCUIT TRAINING	£5.00	The Heywood	Liz Cole
<b>F</b>	09:30	10:30	THE JUNGLE BODY: <i>KONGA</i> ®	£5.00	The Heywood	Amy Bobbins
<b>Su</b>	09:30	10:30	THE JUNGLE BODY: <i>SWEATFEST!</i>	£5.00	The Heywood	Donna Taylor