

CLASS, COURSE & ACTIVITY TIMETABLE

M	09:30	10:30	AEROBICS & TONING	£5.00	Sarah Langley
	09:30	10:30	THE JUNGLE BODY: KONGA® + JAGUA® + BURN!®	£5.00	Amy Bobbins
	17:30	19:00	PADEL COACHING	£9.00	Lauren Larner
	18:30	19:15	SPINNING	£5.00	Liz Cole
T	09:30	10:30	THE JUNGLE BODY: KONGA® + JAGUA® + BURN!®	£5.00	Amy Bobbins
	17:45	18:15	SPINNING	£3.50	Tom Bobbins
	18:30	19:15	JOGGERS (5KM)	Annual	Richard Houston
	18:30	19:00	HIIT STEP	£5.00	Helen Blee
	19:00	20:00	STEP AEROBICS	£5.00	Helen Blee
	20:00	21:00	CIRCUIT TRAINING	£5.00	Liz Cole
W	09:30	10:30	THE JUNGLE BODY: KONGA®	£5.00	Amy Bobbins
	18:15	18:45	SPINNING	£3.50	Dean Sofley
	18:30	20:00	PADEL CLUB NIGHT (NON-MEMBERS £8.00)	£6.00	Lauren Larner
	19:30	20:30	HATTON® BoxFIT	£5.00	Sky Smith
T	09:30	10:30	THE JUNGLE BODY: KONGA® + JAGUA® + BURN!®	£5.00	Amy Bobbins
	18:30	19:15	SPINNING	£5.00	Liz Cole
	18:30	19:15	JOGGERS (5KM)	Annual	Richard Houston
	20:00	21:00	CIRCUIT TRAINING	£5.00	Liz Cole
Su	09:30	10:30	THE JUNGLE BODY: SWEATFEST!	£5.00	Donna Taylor
	09:30	10:30	BOOTCAMP	£5.00	Stephen Jessop