

Monday		
Time	Class	Instructor
12:30pm – 1:00pm	L B T	Lindsey
1:00pm – 1:30pm	Pump	Dave Maj
5:30pm – 6:15pm	Step & Tone	Vicki
6:00pm-7:00pm	Running Club	Warren
6:15pm – 7:00pm	Fighting Fit	Vicki S
7.05pm – 7.50pm	Circuit/Kettlersize	Warren

Tuesday		
Time	Class	Instructor
7.00am – 7.25am	Ab Blast	Instructor
7:30am – 8:15am	Yoga	Mohanan
12:30pm – 1:00pm	Fit ball	Vicki
1:00pm – 1:30pm	Step & Tone	Vicki
5:30pm – 6:30pm	Box4fitness	Dave Maj **
6.30p.m.-7.15p.m	Pilates	Sofia

Wednesday		
Time	Class	Instructor
12:30pm – 1:15pm	Box4fitness	Dave Maj
1:20pm – 2:05pm	Yoga	Mohanan
5:15pm – 6:00pm	High/Low Work-Out	Vicki **
6:15 pm – 7:00pm	Mega Band	Dave Maj **
7.00pm-7.30pm	Ab Blast	Darragh

Thursday		
Time	Class	Instructor
12:30pm – 1:15pm	Box4fitness	Dave Maj **
1:15pm- 1:45pm	Ab Blast	Instructor
5:30pm – 6:15pm	Total 45	Barry **
6:15pm-7:15pm	L B T	Sofia
7.15p.m.-8.00p.m.	Zumba	Lois

Friday		
Time	Class	Instructor
12:30pm – 1:15pm	High/Low Work-Out	Vicki
1:15pm – 2:00pm	Yoga	Mohanan
5.00p.m.-5.45p.m.	Pump/circuit	Instructor
5:45pm - 6:30pm	Pilates	Lindsey

Saturday		
Time	Class	Instructor
11:15am – 12:00pm	Total 45	Barry

Sunday		
Time	Class	Instructor
11:00am – 12:00pm	Yoga	Mohanan

Aqua Timetable			
Day	Time	Instructor	Length
Monday	7.00a.m	Lindsey	45mins
Wednesday	6.05pm	Vicki Dodd	30mins

Children's Swim Times:
Monday – Fri 9am – 12pm. 4pm – 8pm
Saturday & Sun – 8am – 8pm

If you have any recommendations or queries about the class timetable please inform Dave Maj (Studio Co-Ordinator) on 0151 243 8243 or fill in a studio comment card @ reception.

NEW CLASSES		
Day	Time	Class
Monday	7am&6.15pm	Aqua/Fighting Fit
Tuesday	6.30p.m.	Pilates
Wednesday	6.15-7.00p.m	Mega Band
Thursday	5.30p.m & 7.15p.m.	Total 45/Zumba
Friday	5.00-5.45p.m.	Pump/Circuit
Saturday	11.15-12.00p.m	Total 45

MONDAY & TUESDAY 1.30-2.00p.m.- THE MEMBERS CHOICE OF CLASS WILL TAKE PLACE ON THESE DAYS!

For You, our valued members, we want to show you that we are always looking to introduce NEW classes; this space will keep you informed of what's new and coming to you.

*** Arrive early to be sure of a place ***