



Easter Exercise Timetable 2019

Please be aware that on Good Friday and Easter Monday we will be running fewer classes due these dates being Bank Holidays. Please see below for information and have a fantastic Easter.

Day	Starts	Class	Location	Instructor	Duration	Info
Fri	09:30	BodyPump	Dance Studio	Grace Human	45	Good Friday
Fri	10:30	BodyBalance	Dance Studio	Grace Human	45	Good Friday
Fri	12:15	Indoor Cycle	Cycle Studio	Louise Hebron	30	Good Friday
Fri	13:00	BodyPump	Dance Studio	Louise Hebron	45	Good Friday
Fri	17:30	Step & Tone	Dance Studio	Jackie Canham	60	Good Friday
Fri	17:45	Indoor Cycle	Cycle Studio	Grace Human	45	Good Friday
Sat	09:30	BodyCombat	Dance Studio	Diane Prior	60	
Sat	09:45	Indoor cycle	Cycle Studio	Grace Human	45	
Sat	10:30	BodyPump	Dance Studio	Grace Human	60	
Sat	10:45	BodyBalance	Func. Studio	Tessa Bleecker	60	
Sat	11:45	Indoor Cycle	Cycle Studio	Grace Human	30	
Sun	09:30	Yoga	Dance Studio	Emma Boswell	60	
Sun	10:30	Triple Challenge	Dance Studio	Jackie Canham	60	
Sun	10:30	Indoor Cycle	Cycle Studio	Katy Glenville	45	
Sun	11:30	BodyPump	Dance Studio	Victoria Chubb	60	
Sun	12:30	Pilates	Dance Studio	Leanne Harvey	60	

Day	Starts	Class	Location	Instructor	Duration	Info
Mon	10:00	Aerobics	Dance Studio	Jackie Canham	60	Easter Monday
Mon	11:00	BodyPump	Dance Studio	Louise Hebron	60	Easter Monday
Mon	11:15	Indoor Cycle	Cycle Studio	Jackie Canham	30	Easter Monday
Mon	12:05	BodyBalance	Dance Studio	Louise Hebron	60	Easter Monday
Mon	13:00	Circuits	Arena	Fitness Advisor	40	Easter Monday
Mon	17:30	BodyPump	Dance Studio	Lucas Asprou	60	Easter Monday
Mon	18:45	Zumba	Dance Studio	Nivia Bishop	60	Easter Monday
Mon	19:00	Synrgy Circuit	Func. Studio	Lucas Asprou	60	Easter Monday
Mon	20:30	Indoor Cycle	Cycle Studio	Tom Levy	45	Easter Monday

All classes must be booked in advance either in person or over the telephone at reception, at one of our self-serve kiosks or on-line. Please note:

- No bookings will be accepted within 5 minutes of the advertised start time
- No admittance will be allowed once the class has commenced. Thank you