



August Bank Holiday Timetable 2020

Please be aware that on Monday 31st August we will be running fewer classes due this date being Bank Holidays. Please see below for information and have a fantastic day.

Day	Starts	Class	Location	Instructor	Duration	Info
Mon	08:15	Pilates	Hall 4	Tessa Bleecker	45	
Mon	10:00	Aerobics	Hall 4	Diane Prior	45	
Mon	11:00	BodyPump	Hall 4	Lou Hebron	45	
Mon	12:05	BodyBalance	Hall 4	Louise Hebron	60	
Mon	17:30	BodyPump	Hall 4	Imogen Clarke	60	
Mon	18:00	Indoor Cycle	Dance Studio	Murray Grant	45	
Mon	18:45	Zumba	Hall 4	Chloe Foreman	45	
Mon	20:30	Indoor Cycle	Dance Studio	Tara Whiting	45	

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