

SHAW HILL LEISURE CLUB CLASS TIME TABLE

Please book into all classes to avoid disappointment on 01257 226820

TIME	MONDAY	INSTRUCTOR	LEVEL
10.00-11.00	TRIPLE TREAT	ELAINE	BEG/INT
11.15-12.00	DANCE	CATHERINE	BEG
12.00- 12.30	STRETCHES	CATHERINE	BEG/INT
18.00-19.00	ULTIMATE BODY CIRCUIT AND BODY WORK OUT	RICK	INT
19.15-19.45	AEROBIKING	RICK	INT
TUESDAY			
09.15-09.45	FIT BALL & ABS	ANDREA	INT
10.00-11.00	AEROSTEP	ANDREA	INT
11.45-12.45	YOGA- PILATES	CATHERINE	BEG/INT
18.00-19.00	BOX -A- KICK	ALEX	INT/ADV
19.00-19.45	FIT BAR-TONE & GRONE	ALEX	ADV
WEDNESDAY			
10.00-11.00	AEROBICS	ELAINE	BEG/INT
11.15-12.00	AQUA AEROBICS	CHERYL	BEG/INT
18.30-19.00	KETTLE BELLS- ABS &CORE	ALEX	INT/ADV
19.00- 19.30	AEROBIKING	KIERON	INT
THURSDAY			
10.00-11.00	ZUMBA	ANDREA	BEG
10.00-11.00	GYM WORK OUT	GUS	INT
11.15-12.15	ABS-olutley FLAB-u-Less Body Control (PILATES)	CHERYL	BEG/INT
18.00-19.00	BOX-A-CISE	KIERON	INT
19.15-19.45	AEROBIKING	KIERON	INT
FRIDAY			
09.15-10.00	FITBALL	ANDREA	BEG/INT
10.00-11.00	AEROBICS-STEP-TONE	ANDREA	BEG/INT
10.30-11.30	GYM WORKOUT-CIRCUIT-ABS	KIERON	INT/ADV
17.15-18.15	BOX-A-KICK & KETTLE BELLS	ALEX	INT/ADV
18.15-19.15	ABS-olutley FLAB-u-Less Body Control (PILATES)	CHERYL	BEG/INT
SATURDAY			
11.00-11.45	AEROBIKING	GUS	ADV
16.00-17.00	BOX-A-CISE	GUS	INT
SUNDAY			
10.00-11.00	AEROBICS- BODY SCULPT	ANDREA	INT
12.00-13.00	BOOT CAMP FIT BAR	ALEX	BEG/INT/ADV