



## New Fitness Timetable Starting September 2<sup>nd</sup>

Monday 8.00am – 7.00pm	Tuesday 8.00am – 8.00pm	Wednesday 8.00am – 8.00pm	Thursday 8.00am – 9.00pm	Friday 8.00am – 6.00pm	Saturday/Sunday 9.00am – 5.00pm
9.00 – 9.45am Strength Circuits Quentin	9.00 – 9.45am Pilates Julia's Team	9.00 – 9.45am Pilates Julia's Team	9.00-9.45am Strength Circuits Quentin	9.00-9.45am New Pilates Class coming soon Christine Shimmings	
10.00 – 10.45am Aqua Fit Quentin	10.15 – 11.00am Boxercise Quentin	10.00-10.30am Aqua Fit Jasmine	10.15 – 11.00am Guided Gym Henry	10.00-10.30 Keep Fit Jasmine	
11.15am – 12.00pm Gym Support Quentin		10.45am-11.15am Dance Aerobics Lucy	11.15am – 12.00pm Gym Support Henry	11.00am-11.30am Relax Flow Jasmine	
	1.00-2.00pm GP Referral Lucy and Quentin	1.00-2.00pm GP Referral Lucy and Quentin	1.00-2.00pm GP Referral Quentin		
2.00-3.30pm Sycamore MotoMED Quentin					
2.30 – 3.00pm Seated Strength Henry	2.30 – 3.00pm Aqua Steady Lucy	2.30 – 3.00pm Posture Perfect Lucy	2.30 – 3.00pm Balance & Stability Henry	2.30 – 3.00pm Seated Strength Henry	<b>Sunday</b> Grandchildren Swim 1.45pm- 2.45pm
		3.30 – 4.00pm Maple Exercise Lucy	3.30 – 4.00pm Sycamore Exercise Henry	3.00-4.00pm Gym Support Henry	
6.00 – 6.45pm Tai Chi/Meditation Steve	6.00 – 6.45pm Aqua Circuits Lucy	6.00 – 7.00pm Yoga Libby	6.00 – 6.45pm Aqua Intense Jasmine		
	7.00-7.45pm Core and Stretch Jasmine	6.45-7.30pm Boxercise Quentin	7.00-7.45pm Core and Stretch Jasmine		