

# The Mere – Spa Class Timetable

As from Monday 1<sup>st</sup> August 2011

YOU CAN ALSO TEXT 07786200276 TO BOOK YOUR CLASSES

MONDAY		
7.30AM – 8.15AM	CIRCUITS	GYM TEAM
9.15AM – 10.00.AM	AQUA FIT	NICOLA
9.45AM – 10.30AM	ZUMBA	NICKY
10.30AM – 11.15AM	PUSH & LIFT	NICKY
11.30PM – 12.00PM	INDOOR STUDIO CYCLING	GYM TEAM
12.15PM – 1.15PM	BODY CONTROL PILATES*	VANESSA
5.00PM – 5.30PM	FAMILY CIRCUITS	GYM TEAM
5.40PM – 6.25PM	INDOOR STUDIO CYCLING	GYM TEAM
6.30PM – 7.15PM	INDOOR STUDIO CYCLING	GYM TEAM
7.30PM – 8.15PM	AEROBICS / BODY CONDITIONING	KATRIN
TUESDAY		
7.30AM – 8.15AM	INDOOR STUDIO CYCLING	GYM TEAM
9.15AM – 10.00.AM	AQUA FIT	NICOLA
9.30AM – 10.15AM	ZUMBA	NICKY
10.15AM – 11.00AM	BUMS AND TUMS	NICKY
11.05AM – 12.35PM	YOGA	KATE
6.30PM – 7.30PM	FAMILY KICK BOXING	MARK
WEDNESDAY		
7.30AM – 8.15AM	COMBO - CYCLING & ABS	GYM TEAM
9.30AM – 10.30AM	STEP	JAN
10.30AM – 11.30AM	ELITE PHYSIQUE	JAN
10.30AM – 11.15AM	AQUA FIT	SONYA
11.30AM – 12.15PM	YOGALATES	JAN
5.00PM – 5.30PM	JUNIOR GYM 12-15	GYM TEAM
6.10PM – 6.55PM	INDOOR STUDIO CYCLING	MIKE
7.00PM – 7.40PM	PUSH & LIFT	MIKE
7.45PM – 8.45PM	BODY CONTROL PILATES*	VANESSA
THURSDAY		
9.30AM – 10.30AM	OUTDOOR RUN CLUB	MIKE
9.30PM – 10.30PM	HI / LOW AEROBICS	DEBBIE
10.30AM – 11.30AM	ELITE PHYSIQUE	DEBBIE
11.30PM – 1.00PM	DIET & FITNESS CLASS – COURSE*	
6.30PM – 7.15PM	AQUA FIT	JULIE
7.15PM – 8.45PM	YOGA AND RELAXATION	PAM
FRIDAY		
7.30AM – 8.30AM	CIRCUITS	GYM TEAM
9.30AM – 10.30AM	STEP	DEBBIE
10.30AM – 11.30AM	BUMS & TUMS	DEBBIE
10.30AM – 11.15AM	AQUA FIT	LAURA
11.45AM – 12.45PM	BODY CONTROL PILATES*	VANESSA
5.00PM – 5.30PM	FAMILY CIRCUITS	GYM TEAM
6.00PM – 6.45PM	COMBO - CYCLING & ABS	GYM TEAM
SATURDAY		
8.15AM – 9.00AM	INDOOR STUDIO CYCLING	GYM TEAM
9.15AM – 10.15AM	YOGA	JAN
9.30AM – 10.15AM	JUNIOR GYM 12-15	GYM TEAM
10.15AM – 11.15AM	STEP	JAN
11.15 AM – 12.00PM	PUSH & LIFT	JAN
SUNDAY		
10.00AM – 10.45AM	STEP	DEBBIE
10.45AM – 11.30AM	BUMS & TUMS	DEBBIE
5.00PM – 5.45PM	INDOOR STUDIO CYCLING	GYM TEAM

\* Additional payment



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