



DANCE STUDIO AND CYCLE STUDIO CLASSES SATURDAY 25th MAY - SUNDAY 2nd JUNE 2019

MORNING CLASSES								
SAT 25th MAY	SUN 26th MAY	MON 27th MAY	TUE 28th MAY	WED 29th MAY	THU 30th MAY	FRI 31st MAY	SAT 1st JUNE	SUN 2nd JUNE
CIRCUITS MAGGIE 9:45 - 10:30am	STUDIO CYCLING MEL 9:30 - 10:15am	STUDIO CYCLING KATHI 9:15 - 10am	POWER PUMP JULIE 9:30 - 10:30am	PURE STRETCH KATHI 9:15 - 10:15am	YOGA KATHI 9:15 - 10:30am	STUDIO CYCLING KATHI 9:15 - 9:50am	CIRCUITS MAGGIE 9:45 - 10:30am	STUDIO CYCLING MEL 9:30 - 10:15am
STUDIO CYCLING GAIL 9:30 - 10:15am	FITSTEPS MICHELLE 10:30 - 11:30am	PURE STRETCH KATHI 10:15 - 11am		STUDIO CYCLING MEL 9:15 - 10am		PILATES KATHI 10 - 10:45am	STUDIO CYCLING GAIL 9:30 - 10:15am	FITSTEPS MICHELLE 10:30 - 11:30am
				AQUAFIT MAGGIE 9:45 - 10:30am		PILATES KATHI 10:45 - 11:30am		
EVENING CLASSES								
	YOGA MIKE 6:30 - 7:30pm		PURE STRETCH VERONICA 6.10 - 6:55pm		POWER PUMP VERONICA 6:30 - 7:30pm	STUDIO CYCLING Veronica/ Caroline 6:15 - 7pm		YOGA MIKE 6:30 - 7:30pm
			STUDIO CYCLING GAIL 7 - 7:45pm	STUDIO CYCLING KATHI 6:10 - 6:50pm	STUDIO CYCLING MEL 6:30 - 7:15pm			
			CIRCUITS MEL 7.10 - 8pm	PILATES KATHI 7:05 - 8pm	BALANCE VERONICA 7:35 - 8:35pm			
			FITNESS YOGA MEL 8.05 - 8:50pm	STUDIO CYCLING GAIL 8 - 8:45pm		Please note: Bank Holiday Monday, 27 May, the sports centre will only be open from 08h00 am - 16h00 pm		
				YOGA BEN 8:05 - 9pm				

