

Class Schedule

Pay As You Go:
Bookable through class organiser

Free To Members:
Bookable through the Members App

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba 9.15 – 10.00 Free to Members	Legs, Bums & Tums Gym Staff 9.15 – 10.00 Free to Members	Tai Chi Angela Morley 9.30 – 10.30 07985 337576		Body Tone Gym Staff 9.15 – 10.00 Free to Members		
		Rehab, Stretch & Relax Angela Morley 9.30 – 10.30 07985 337576		Pilates Charlotte Cirell 10.30 – 11.15 Free to Members	Tonicha Lawrence Academy of Performing Arts	Table Tennis Malcolm Cotton 9.30 – 11.30 07872 056552
Pilates Christie Webster 11.45 – 12.30 Free to Members			Hatha Yoga Bella Whitaker 11.45 – 12.45 Free to Members & Pay As You Go	Pilates Charlotte Cirell 11.20 – 12.05 Free to Members	Tonicha Lawrence Academy of Performing Arts	
Pilates Christie Webster 12.45 – 1.45 Free to Members & Pay As You Go					Tonicha Lawrence Academy of Performing Arts	
	Hatha Yoga Bella Whitaker 4.00 – 5.00 Free to Members & Pay As You Go				Tonicha Lawrence Academy of Performing Arts	
Kettlebells Gym Staff 6.00 – 6.45 Free to Members			Girls Boot Camp Joe Kusinski 5.00 – 5.45	Boys Squash Boot Camp Joe Kusinski 5.00 – 5.45 07802 370995	Tonicha Lawrence Academy of Performing Arts	
Table Tennis Malcolm Cotton 7.00 – 9.00 07872 056552	Bounce Mini Trampoline Fran Baker 6.00 – 7.00 07376 223721	Zumba Izzy I'Anson 6.45 – 7.30 07856 585538	Bounce Mini Trampoline Fran Baker 6.00 – 7.00 07376 223721	Tonicha Lawrence Academy Beginners Ballet 6.00 – 7.00	Tonicha Lawrence Academy of Performing Arts	
	TRAIN-8 Craig Heard 7.15 – 8.00 07966 683290		TRAIN-8 Craig Heard 7.15 – 8.00 07966 683290	Tonicha Lawrence Academy Intermediates Ballet 7.00 – 8.00		