

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 Burns & Turns Gym Staff 9.15 – 10.00 Free to Members		Raw Pilates Josephine Aurelia 9.45 – 10.45 Contact: 07525 256565	High Intensity Training Gym Staff 9.15 – 10.00 Free to Members		
				Pilates Chris Thompson 10.15 – 11.00 Free to Members	Tonicha Lawrence Academy of Performing Arts	Table Tennis Malcolm Cotton 9.30 – 11.30 07872 056552
Pilates Chris Thompson 11.45 – 12.30 Free to Members				Pilates Chris Thompson 11.15 – 12.00 Free to Members	Tonicha Lawrence Academy of Performing Arts	
Pilates Chris Thompson 12.45 – 1.45 Contact: 07802 370995					Tonicha Lawrence Academy of Performing Arts	
					Tonicha Lawrence Academy of Performing Arts	
Kettlebells Gym Staff 6.00 – 6.45 Free to Members			Junior Boot Camp Izzy I'Anson 5.00 – 5.45 Contact: 07966 683290		Tonicha Lawrence Academy of Performing Arts	
Table Tennis Malcolm Cotton 7.00 – 9.00 07872 056552		Zumba Izzy I'Anson 6.45 – 7.15 07856 585538	Girls Junior Boot Camp Izzy I'Anson 6.00 – 6.45 Contact: 07966 683290	Tonicha Lawrence Academy Beginners Ballet 6.00 – 7.00	Tonicha Lawrence Academy of Performing Arts	
	TRAIN-8 Craig Heard 7.15 – 8.00 Contact: 07966 683290	Table Tennis Malcolm Cotton 8.00 – 9.30 07872 056552	TRAIN-8 Craig Heard 7.15 – 8.00 Contact: 07966 683290	Tonicha Lawrence Academy Intermediates Ballet 7.00 – 8.00		