

SUMMER HOLIDAY GYM & FITNESS CLASSES PROGRAMME

The current (GOLD) schedule will continue until Friday 23rd July 2010

Aerobic / Exercise Classes Timetable
for Saturday 24th July – Sunday 5th September 2010

	Saturdays 24/7,31/8,8/7,14/ 821/8, 28/8, 4/9	Sundays 25/7,1/8,8/8 15/8,22/8, 29/8, 5/9	Mondays 26/2/8, 9/8,16/8, 23/8	Tuesdays 27/7,3/8,10/8 17/8,24/8,31/8	Wednesdays 28/7,4/8,11/8, 18/8,25/8 1/9	Thursdays 329/7,5/8, 12/8,19/8, 26/8,2/9	Fridays 30/7,6/8, 13/8,20/8, 27/8,3/9
From 5/7/10 GYM	8 am – 8 pm	8 am – 9 pm* 8 am – 6 pm on 29/8/10	7am –10 pm CLOSED on 30/8/10	7 am – 9 pm	6.30am – 10 pm	6.30am - 10 pm	7 am – 9 pm
CLASS Instructor	Calorie Killer Julie 10 – 10.45 am	Calorie Killer Kayleigh 10.00 – 10.30	Calorie Killer Maggie 7.15 – 8 am Not 23/8/10 & 30/8/10				
		Body Step Ilona 10.45 – 11.45					

CLASS Instructor		Body Pump Gary* 6.30 – 7.30 pm	Pilates Maggie 6.30 – 7.30 pm	Body Step Kathi 6.30 – 7.30 pm	RPM Kathi 6.30 – 7.15 pm	Body Pump Veronica 6.30 - 7.30 pm	RPM/Spin Andrew/Veronica 6.15 – 7pm
CLASS Instructor			Calorie Killer Angela 7.45 – 8.30 am	Body Pump Ross 7.35 – 8.40 pm	Pilates Kathi 7.30 – 8.30 pm	Body Balance Veronica 7.35 – 8.35 pm	
CLASS Instructor			Aqua Maggie 8.15 – 9 pm				

*SUNDAY 29TH AUGUST 2010 – NO BODY PUMP CLASS ON THIS DAY AS THE BUILDING WILL CLOSE AT 6PM AND REMAIN CLOSED THROUGHOUT MONDAY 30TH AUGUST RE-OPENING AT 7AM ON TUESDAY 31ST AUGUST 2010. THIS IS TO ALLOW US TO CARRY OUT AN EMERGENCY LIGHTING TEST WHICH IS A MANDATORY REQUIREMENT.

**NEW CLASSES PROGRAMME COMMENCES
MONDAY 6th SEPTEMBER 2010**