

Class Timetable

Mon	Tue	Wed	Thu
6.00pm-6.45pm Group Cycling Stuart ** AV	6.00pm-7.00pm Beginner Pilates Nicki * AV	6.00-7.00 Beginners Ashtanga AV	6.00pm-7.00pm Circuits Duncan *** AV
	6.00pm-6.30pm Abs Blast Laura ** AS	7.15pm-8.35pm Ashtanga Yoga Jon ** AV	7.30pm-8.30pm Legs, Bums, and Tums Jo ** AV
7.00pm-8.00pm Junior Boxfit Adam** AV	6.30pm-7.00pm Abs Blast Laura ** AS		
8.30pm-10.00pm Circuits Duncan *** AV	7.00pm-8.00pm Advanced Pilates Nicki ** AV		

*Suitable for all levels ** Intermediate level *** Advanced level

Ashtanga Yoga, and Pilates are run as block courses for 10 weeks

**Please ask at reception for prices or call 01527 500010 to book
on**

**AS – ABBEY STADIUM SPORTS CENTRE AV – ARROW VALE
SPORTS CENTRE**