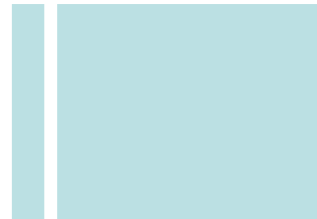
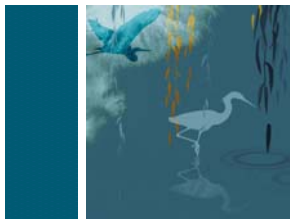




# STUDIO TIMETABLE



Monday	Class	Instructor
06.30-07.15	Spin	Kelly
09.40-10.25	Salsa Aerobics	Gillian
10.40-11.40	Yoga	Judith
11.00-11.45	Aqua	Kelly
17.40-18.40	Circuit	Mike
18.45-19.30	Spin	Rob
19.35-20.30	Aerotone	Justine
20.30-21.30	Yoga	Ray

Thursday	Class	Instructor
09.30-10.15	Total Body	Zoey
10.15-11.00	Zumba	Zoey
11.00-11.45	Aqua	Kelly
17.35-18.20	T,T & B	Zoey
18.25-19.10	Zumba	Zoey
19.10-20.05	Fitness Pilates	Justine
20.10-21.10	Circuit	Justine

Tuesday	Class	Instructor
09.30-10.00	Aerobics	Jo-Ann
10.00-10.45	Tone	Jo-Ann
10.45-11.30	Pure Stretch	Jo-Ann
17.35-18.20	T,T & B	Jo
18.30-19.15	Boxercise	Mike
19.45-20.30	Aqua	Kelly

Friday	Class	Instructor
09.30-10.00	Aerobics	Jo-Ann
10.00-10.45	Tone	Jo-Ann
10.45-11.30	Pure Stretch	Jo-Ann
13.00-14.00	Yoga	Julie

Wednesday	Class	Instructor
09.30-10.15	Step	Zoe
10.15-10.45	Rhythm & Reps	Zoe
17.45-18.30	Circuit	Anthony
18.40-19.25	Salsa Aerobics	Sarah
19.45-20.45	Yoga	Julie

Saturday	Class	Instructor
10.15-11.00	Aerobics	Karla
11.00-11.45	Tone	Karla

Sunday	Class	Instructor
10.00-11.00	Yoga Pilates mix	Kathryn
11.00-11.30	Rhythm & Reps	Kathryn

Classes are suitable for all levels, ranging from beginners to advanced

Please leave your details with reception if you wish to attend a class in order for us to contact you in the event of a class cancellation

Please ensure you arrive on time for the class to ensure you participate fully in the warm up. For safety reasons, should you miss the warm up, you may not be allowed to join the class.

As a courtesy to other members please refrain from wearing outdoor trainers in the Aerobic Studio.

Please be aware if you are pregnant and do not already regularly attend the yoga lessons you will not be able to attend until 6 weeks after your pregnancy.

As an added extra there are private Pilates classes on Tuesday evenings: Contact Rachel on: 07793464825 and on Friday evenings: contact Nikki 07974761151

View this time table and additional class information at [MarriottLeisure.co.uk](http://MarriottLeisure.co.uk)