

EXERCISE CLASS TIMETABLE

Sat 27 March – Sun 18 April 2010

Easter Holidays



KEY TO LEVELS:



Aerobic / Cardiovascular /
Fat-burning exercise



Muscular toning /
Strengthening exercise



Stretching /
Mind-body exercise

MONDAY	ACTIVITY	VENUE	LEVEL
10.00 – 11.00	Cardiac Rehab	Sky Studio & Seminar Room	By referral
10.05 – 10.55	Evergreens Exercise (over 60's)	Sports Hall 2&3	
12.10 – 12.55	Studio Cycling	Sports Studio	
13.15 – 13.45	Ultimate Abs	Sky Studio	
17.45 – 18.45	Fitness Yoga	Sky Studio	
18.45 – 19.45	20/20/20	Sports Studio	
19.00 – 20.00	Bodysculpt	Sky Studio	
TUESDAY	ACTIVITY	VENUE	LEVEL
12.10 – 12.50	BLT	Sky Studio	
17.30 – 18.30	Studio Cycling	Sports Studio	
17.45 – 18.45	Total Fitness	Sports Hall 2&3	
18.45 – 19.45	Studio Cycling	Sports Studio	
WEDNESDAY	ACTIVITY	VENUE	LEVEL
10.00 – 11.00	Evergreens Swimming (no instruction)	King's Swimming Pool	All levels
13.10 – 13.50	Bodysculpt	Sky Studio	
13.10 – 13.50	Boxfit	Sports Studio	
17.30 – 18.30	Aerobics	Sky Studio	
20.00 – 20.30	Ultimate Abs	Sky Studio	
THURSDAY	ACTIVITY	VENUE	LEVEL
12.15 – 12.45	BLT Blast	Sky Studio	
13.10 – 13.50	Fitness Yoga	Sky Studio	
17.20 – 18.20	Sports Conditioning <i>(NOTE: No class on 1 April)</i>	Sports Hall 2&3	
17.45 – 18.45	Step	Sky Studio	
19.00 – 19.30	Ultimate Abs	Sky Studio	
FRIDAY	ACTIVITY	VENUE	LEVEL
10.00 – 11.00	Cardiac Rehab	Sky Studio & Seminar Room	By referral
10.05 – 10.55	Evergreens Exercise (over 60's) <i>(NOTE: No class on 2 April)</i>	Sports Hall 2&3	
12.10 – 12.50	Combat Aerobics	Sky Studio	
13.10 – 13.50	Circuits	Sky Studio	
17.15 – 18.15	Combat Aerobics	Sky Studio	
SATURDAY	ACTIVITY	VENUE	LEVEL
10.00 – 11.00	Step	Sky Studio	
11.15 – 12.15	Body Conditioning	Sky Studio	
SUNDAY	ACTIVITY	VENUE	LEVEL
10.00 – 11.00	Aerobics	Sky Studio	
11.15 – 12.15	20/20/20	Sky Studio	