
























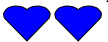













	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cardio Blast  9.15am - 10.15am Terri G	Step Aerobics  10am - 11am Terri G	Yoga  9.30am - 11am Trish	Aero Tone  10am - 11am Terri G	Yoga  9.30am - 11.00am Trish	Yoga  9am - 10am Barbara/Julie	Pump FX  10am - 11am Helen
	Zumba (Overton)  10.15am - 11.15am Nikki	Body Tone  11.00am - 11.45pm Alexandra	Legs Bums & Tums  11am - 12pm Terri G	Belly Dancing  11am - 12pm Sue	Zumba  11am - 12pm Karen	The Challenge  10am - 11am Terri G	
	Nifty 50's  10.15am - 11.15pm Julia	Pilates  11.45pm - 12.30pm Alexandra	Back To Yoga  12pm - 1pm Trish	Pilates  12.15pm - 1pm Vicky R	Aquacise  2pm - 3pm Heather	Tai Chi  11am -12pm Stephen Budworth	
	Fit Bands & Forest Hills Slim Club Julia 11.15am-1pm	Circuits  6pm - 7pm Vicky		Legs Bums & Tums  6pm - 7pm Terri G			
	PumpFX  6pm - 7pm Helen	Spinning (Overton)  7pm - 8pm Vicky	Pump FX  6pm - 7pm Helen	Pilates  7pm - 8pm Karen			
	Begin To Spin (Overton)  6pm - 7pm Vicky	Boxfit  7pm - 8pm Paul Bardi	Zumba (Overton)  7.15pm - 8.15pm Nikki	Spinning (Overton)  7pm - 8pm Helen	Zumba (Overton)  7pm - 8pm Hannah		
	Legs Bums & Tums  7pm - 8pm Vicky	Yoga  8pm - 9.30pm Barbara	Aquacise  7.45pm - 8.45pm Lorraine	Yoga  8pm - 9.30pm Barbara			
		Low Intensity		Medium Intensity		High Intensity	