Class Timetable.....pay-as-you-go or membership options

Contact Kate

If you have any comments or suggestions about our Class Timetable please talk to or email:
Kate Rogers (Fitness Manager)
kate.rogers@bhlive.co.uk

remember

- *Calorie Burning Classes*
- *Muscle Toning & Endurance Classes*
- *All Over Body Workout Classes*
- *Re–Energise & Relax Classes*
- *Specialist Classes*
- *Introductory Low Impact Classes*
- *Water Workout Classes*

class locations

S1	studio 1
S2	studio 2
SS	spin studio
P	pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydro Active 8.45–9.30am Brigitte P	**Hydro Active** 8.45–9.30am Paulette P	NEW **Hydro Active** 8.45–9.30am Paulette P	**Spin & Abs** 7.15–8.00am Kate SS		**Swim Fit** 8.00–9.00am Lara P	NEW **Zumba** 9.00–9.55am Katenah S2
Spinning 9.20–10.05am Steph SS	**Body Conditioning** 9.20–10.15am Steph S1	**BodyStep** 9.20–10.15am Steph S1	**BodyBalance** 9.20–10.15am Sarah S2	**BodyCombat** 9.20–10.15am Jill S1	**Spinning** 9.00–9.30am Karen SS	**Body Conditioning** 9.30–10.25am Magda S1
Legs, Bums & Tums 9.20–10.15am Kate S2	**Zumba** 9.20–10.15am Emma S2	**Body Balance** 9.20–10.15am Diane S2	**BodyPump** 9.20–10.15am Laura S1	**BodyBalance** 9.20–10.15am Diane S2	**Salsa Aerobics** 9.10–9.55am Caroline S2	**Yoga** 10.30–11.45am Lyn S2
BodyPump 10.15–11.10am Steph S1	**Aqua Aerobics** 9.30–10.15am Paulette P	**Beginners Spinning** 10.00–10.30am Michelle SS	**Dance Mix** 10.35–11.30am Nicky S1	**Spinning** 9.30–10.15am Magda SS	**Spinning** 9.35–10.05am Karen SS	**Circuits** 10.35–11.30am Michelle S1
Nice & Easy 10.35–11.20am Kate S2	**Legs, Bums & Tums** 10.35–11.20am Steph S1	NEW **Legs Bums & Tums** 10.35–11.30am Karen S1	**Spinning** 10.35–11.20am Laura SS	**Pilates** 10.35–11.30am Kate S2	**Legs, Bums & Tums** 10.05–11.00am Louise S2	
BodyBalance 11.30–12.25pm Jo L S2	**Swiss Ball** 10.35–11.20am Jango S2	**Aqua Aerobics** 11.35–12.20pm Caroline P	**Aqua Aerobics** 11.35–12.20pm Brigitte P	**Nice & Easy** 10.35–11.20am Nicky S1	**Pilates** 11.10–12.05pm Mandy S2	
Aqua Aerobics 11.35–12.20pm Clive P	**Pilates** 11.30–12.25pm Jango S2			**Aqua Aerobics** 11.35–12.20pm Caroline P	**BodyPump** 11.10–12.05am Jill S1	
			Health Circuits 1.00–1.45pm Claire F/Joelle S1			
	BodyPump 6.00–6.55pm Maxine S1	**Pilates** 5.30–6.25pm Kate S2	**BodyBalance** 6.00–6.55pm Jo Y S2	**BodyBalance** 5.30–6.25pm Maxine S2		
BodyPump 5.45–6.40pm Jo L S1	**Pilates** 6.00–6.55pm Jo Y S2	**BodyPump** 6.00–6.55pm Lesley S1	**Body Conditioning** 6.00–6.55pm Magda S1	**BodyStep** 6.00–6.55pm Jo L S1		
Spinning 6.15–6.45pm Karen SS	**Spinning** 6.30–7.00pm Jen SS	**Spinning** 6.30–7.00pm Kate SS	**Spinning** 6.10–6.40pm Nicky SS			
Zumba 6.30–7.25pm Amy S2	**BodyCombat** 7.00–7.55pm Jo L S1	**Zumba** 6.30–7.25pm Duncan S2	**Spinning** 6.45–7.15pm Nicky SS			
BodyStep 6.45–7.40pm Jo L S1	**Legs, Bums & Tums** 7.00–7.55pm Nicky S2	**BodyStep** 7.00–7.55pm Lesley S1	**BodyPump** 7.00–7.55pm Chris S1			
Spinning 6.50–7.20pm Karen SS	**Spinning** 7.05–7.35pm Jen SS	**Spinning** 7.05–7.35pm Kate SS	**Zumba** 7.00–7.55pm Emma S2			
Aqua Aerobics 7.30–8.15pm Cathy P	**Aqua Aerobics** 7.30–8.15pm Lynn P	**Aqua Aerobics** 7.30–8.15pm Naomi P	NEW **Aqua Aerobics** 7.30–8.15pm Clive P			
Yoga 7.45–9.00pm Rowan S2						
BodyCombat 7.45–8.40pm Jo L S1						

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Yoga
Not suitable for pregnant Mums to be

ONLY £3.00

Community Health Afternoons

Monday - Friday 1.00-3.30pm
Gym, Swim & Sanarium , a great way to get fit and healthy.

Health Circuits also included on Thursdays 1.00 - 1.45pm

Pre School Activities

15 Months - School Age

Gym Jingle £3.85

Monday 1.15 - 2.00pm Soft play, parachute games and an introduction to gentle gymnastic movements.

Play Tots £3.85

Friday 1.15 - 2.00pm
Interactive play session with a mix of soft play, parachute games and songs.

JANUARY SPECIAL OFFER
FREE cup of tea or coffee in 'The Terrace' for parent/guardian after the activity (2pm)