

# Summer Studio Timetable

We are pleased to announce that the brand new, state of the art studio at New Chiswick Pool opens on **Thursday 5th August**.

We are working really hard to try and get the spinning studio open and confirm our scheduled class programme, however we have been forced to offer the following as a temporary measure over the next few of weeks:

Mondays	10.30-11.15	Deep Aqua-fit	Jamie
	11.15-12.00	Shall Aqua Fit	Jamie
	12.00-13.00	Pilates	Terri
	18.30-19.15	Circuits	Kevin
Tuesday	18.30-19.15	Circuits	Kevin
Wednesday	18.00-19.00	Pilates	Wendy
	19.15-20.00	Hi/Lo Tone To Go	Wendy
Thursday	18.30-19.15	Deep Aqua-Fit	Jamie
	19.15-20.00	Shallow Aqua-Fit	Jamie
	20.15-21.15	Boot Camp Circuits	Kevin
Friday	10.30-11.15	Shallow Aqua-Fit	Terri
	11.15-12.00	Deep Aqua-Fit	Terri
Saturday	10.00-12.00	Martial Arts	TYGA
	12.30-13.30	Body Zone	Sue

We will be adding classes where possible but we are looking to start our full scheduled programme on **Monday 23<sup>rd</sup> August**. Please see the centre programme for the class schedule.