

**The Weald Sports Centre
Summer Studio Timetable 26th July – 6th September**

		Dates not running
Monday:		
9.30-10.30	Body Step	
10.30-11.25	Body Pump	
12.15-13.15	Pilates**	
18.00-19.00	Body Pump	
19.00-20.30	Hatha Yoga	
19.00 – 20.00	Hi/Lo Aerobics	2 nd / 9 th August
20.15-21.00	Shallow Aqua	2 nd / 9 th August
20.30-21.30	Line Dancing	
Tuesday:		
9.30-10.30	LBN	3 rd / 10 th August
18.00-19.00	Dynamic flow Yoga	
19.00-20.00	Kick-box cardio	
19.00-20.00	Dynamic flow yoga	
Wednesday:		
9.30-10.30	Mature Movers**	4 th / 11 th August
11.15-12.00	Shallow Aqua	4 th / 11 th August
12.15-13.15	Pilates Course**	
18.30-20.00	Hatha Yoga	
18.00-19.00	Body Pump	4 th August
20.00-21.30	Hatha Yoga	
Thursday:		
9.30-10.30	Hi/lo Aerobics	5 th / 12 th August
19.00-20.00	Bootcamp	
19.30-20.30	Pilates Course**	
Friday:		
9.30-10.30	Body Step	
10.30-11.25	Body Pump	
11.15-12.00	Shallow Aqua (50+)	6 th August
18.00-19.00	Tai Chi Chuan**	
Sunday:		
9.30-10.30	Body Pump	