

Aspire Studio Class Timetable

Mon	Pilates	08.30 – 09.30	Adults	5.00	Sam
	Body Blast *	09.30 – 10.30	Adults	5.00	Sam
	Aqua Workout *	09.30 – 10.30	Adults	5.00	Sylvia
	Swimming Lesson	15.30 – 17.30	Children	Pre-book	Louise
	Hatha Yoga	18.00 – 19.00	Adults	Pre-book	Joanna
Tues	Aqua Stretch *	09.15 – 10.00	Adults	5.00	Mark
	Energizer *	09.30 – 10.30	Adults	5.00	Sylvia
	Pilates	10.45 – 11.45	Adults	Pre-book	Kirsty
	Pilates	12.00 – 13.00	Adults	Pre-book	Kirsty
	Postnatal Pilates	13.15 – 14.15	Adults	Pre-book	Kirsty
	Swimming Lesson	15.30 – 17.30	Children	Pre-book	Louise
	Cardio Condition *	18.15 – 19.15	Adults	5.00	Sylvia
	Ride (beginners)	18.15 – 18.45	Adults	Pre-book	Sam
	Ride (intermediate)	18.45 – 19.30	Adults	Pre-book	Sam
	Ashtanga Yoga	19.15 – 20.45	Adults	7.50	Vanessa
Wed	Ride (all levels)	09.30 – 10.15	Adults	Pre-book	Sam
	Aqua Workout *	09.30 – 10.30	Adults	5.00	Sylvia
	Swimming Lesson	15.30 – 17.30	Children	Pre-book	Louise
	Hatha Yoga	17.30 – 18.30	Adults	Pre-book	Joanna
Thurs	Energizer *	09.30 – 10.30	Adults	5.00	Sylvia
	Yoga	11.00 – 12.30	Adults	Pre-book	Pam
	Swimming Lesson	15.30 – 17.30	Children	Pre-book	Louise
	Aqua Aerobics*	18.15 – 19.15	Adults	5.00	Sylvia
	Pilates	19.15 – 20.15	Adults	Pre-book	Kirsty
Fri	Energizer Extra *	09.30 – 10.30	Adults	5.00	Sylvia
	Aqua Gym *	11.00 – 12.00	Adults	5.00	Mark
Sat	Pilates	08.00 – 09.00	Adults	Pre-book	Kirsty
	Pregnancy Pilates	09.00 – 10.00	Adults	Pre-book	Kirsty

*Free classes to members

Instructor contact details on reverse

To book or register for classes please call the relevant instructor:

Sylvia 07917 646 275
or email Sylvia.spurdle@hotmail.co.uk

Pam 07710 503 247

Vanessa 07967 998 446

Sam 07926 939 645
or email sam1dunne@yahoo.co.uk

Kirsty 07793 205 579
or email kirsty@insideoutpilates.co.uk

Louise 07736 643 885
or email swimwithlouise@hotmail.co.uk

Joanna 07968 147 219
Or email joanna5@icloud.com

For any other information please contact reception on 01929 552177