

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
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	Pilates	08.30 – 09.30	Adults	5.00	Sam
	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
Thurs	Ashtanga Yoga	08.15 – 09.15	Adults	7.50	Vanessa
	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
	Ride (beginners)	17.45 – 18.15	Adults	Pre-book	Sam
	Ride (intermediate)	18.15 – 18.45	Adults	Pre-book	Sam
	Aqua Aerobics*	18.15 – 19.15	Adults	5.00	Sylvia
Fri	Energizer Extra *	09.30 – 10.30	Adults	5.00	Sylvia
	Pilates	10.30 – 11.30	Adults	Pre-book	Kerry
	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

We offer over 30 classes a week! Come along to any class feel welcome

