

## Aspire Studio Class Timetable

<b>Mon</b>	Aqua Workout *	09.30 – 10.30	Adults	5.00	Sylvia
	Chairleaders	10.45 – 11.45	Adults	5.00 pre-book	Lesley
	Swimming Lesson	15.30 – 17.30	Children	pre-book	Louise
	Body Blast *	18.15 – 19.15	Adults	5.00	Sylvia
<b>Tues</b>	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	5.00 pre-book	Kerry
	Swimming Lessons	15.30 – 17.30	Children	pre-book	Louise
	Ride (beginners)	17.45 – 18.15	Adults	5.00 pre-book	Laurie
	Ride (intermediate)	18.15 – 19.00	Adults	5.00 pre-book	Laurie
	Ashtanga Yoga	19.15 – 20.45	Adults	7.50	Vanessa
<b>Wed</b>	Pilates	09.00 – 10.00	Adults	5.00 pre-book	Kerry
	Aqua Workout *	09.30 – 10.30	Adults	5.00	Sylvia
	Tai Chi	11.00 – 12.00	Adults	5.00 pre-book	Geoffrey
	Swimming Lessons	15.30 – 17.30	Children	pre-book	Louise
<b>Thurs</b>	Ashtanga Yoga	08.15 – 09.20	Adults	7.50	Vanessa
	Energizer *	09.30 – 10.30	Adults	5.00	Sylvia
	Yoga	11.00 – 12.30	Adults	pre-book	Pam
	Swimming Lessons	15.30 – 17.30	Children	pre-book	Louise
	Ride (beginners)	17.45 – 18.15	Adults	5.00 pre-book	Laurie
	Ride (intermediate)	18.15 – 19.00	Adults	5.00 pre-book	Laurie
	Aqua Aerobics*	18.15 – 19.15	Adults	5.00	Sylvia
<b>Fri</b>	Energizer Extra *	09.30 – 10.30	Adults	5.00	Sylvia
	Hatha Yoga	12.00 – 13.00	Adults	5.00 pre-book	Lisa

**\*Free classes to members**

**Instructor contact details on reverse**

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

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

Sylvia 07917 646 275  
or email [Sylvia.spurdle@hotmail.co.uk](mailto:Sylvia.spurdle@hotmail.co.uk)

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or email [geoffrey1145@gmail.com](mailto:geoffrey1145@gmail.com)

Louise 07736 643 885  
or email [swimwithlouise@hotmail.co.uk](mailto:swimwithlouise@hotmail.co.uk)  
Please enquire for free swimming lessons with Louise

For any other information please contact reception on 01929 552177