

## Aspire Studio Class Timetable

<b>Mon</b>	Aqua Workout *	09.30 – 10.30	Adults	£5.00	Sylvia
	Swimming Lessons	15.45 – 18.15	Children	pre-book	Louise
	Swimming Lessons	18.15 - 19.45	Adults	Pre-book	Louise
<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	15.45 – 18.15	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
	Swimming Lessons	15.15 – 18.15	Children	pre-book	Louise
	Pilates	18.30 – 19.30	Adults	pre-book	Emma
<b>Thurs</b>	Yoga	08.00 – 09.20	Adults	£7.50 pre-book	Vanessa
	Energizer *	09.30 – 10.30	Adults	£5.00	Sylvia
	Yoga	11.00 – 12.30	Adults	pre-book	Pam
	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 – 19.00	Adults	£5.00	Sylvia
<b>Fri</b>	Energizer Extra *	09.30 – 10.30	Adults	£5.00	Sylvia
	Hatha Yoga	12.00 – 13.00	Adults	Pre-book	Lisa

**\*Free classes to members**

**Instructor contact details on reverse**

**We offer 21 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)

Kerry    07958 139 508  
or email [kerrymorton@hotmail.com](mailto:kerrymorton@hotmail.com)

Pam     07710 503 247

Vanessa    07967 998 446

Laurie    07506 101 434

Emma     07490 679 683  
or email [pilates@themove-mentcoop.com](mailto:pilates@themove-mentcoop.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 Sylvia  
on 07917 646 275 or Reception on 01929 552177