

# ASPIRE STUDIO CLASS TIMETABLE

<b>MON</b>	PILATES	09:00 – 10:30	ADULTS	PRE-BOOK	KERRY
	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
	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
<b>SAT</b>	BELLY DANCE CLASS	10:30 – 11:30	ADULTS	£5.00	LYNDA

**\*FREE CLASSES TO MEMBERS**  
**DETAILS ON REVERSE**

**INSTRUCTOR CONTACT**

**WE LOOK FORWARD TO WELCOMING YOU TO OUR VARIED CLASSES AND LESSONS**

**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

**LYNDA** 07583 489 222

FOR ANY OTHER INFORMATION PLEASE CONTACT SYLVIA  
ON 07917 646 275 OR RECEPTION ON 01929 552177