

PARK HALL LEISURE CLUB

CLASS TIMETABLE

MONDAY		
BODY BLAST	9.30am – 10.30am	NEIL
AQUA	10.00am – 10.45am	CHRIS
CIRCUITS	10.45am – 11.45am	CHRIS
STUDIO CYCLING*	6.15pm – 7.00pm	DAN
TONING/FITNESS BAR	6.30pm – 7.30pm	JULIE
PILATES	7.30pm – 8.30pm	LINDSAY P

TUESDAY		
STUDIO CYCLING*	7.00am – 7.45am	CHRIS
AEROBICS	9.30am – 10.30am	NEIL
BODY BLAST	10.30am – 11.15am	NEIL
ZUMBA	11.15am – 12.15pm	KATIE
STUDIO CYCLING*	6.15pm – 7.00pm	NIC
ZUMBA	6.30pm – 7.30pm	KATIE
FITBALL	7.30pm – 8.30pm	CHRIS

WEDNESDAY		
STUDIO CYCLING	9.15am – 10.00am	NEIL
STUDIO ATTACK	9.30am – 10.30am	LAURA
AQUA	10.00am – 10.45am	CHRIS
PILATES	10.30am – 11.15am	LAURA
STUDIO CYCLING*	6.15pm – 7.00pm	BECCA
ZUMBA	6.30pm – 7.30pm	KATIE
YOGA	8.00pm – 9.30pm	JAYNE

THURSDAY		
STUDIO CYCLING	9.15am – 10.00am	NEIL
20/20/20	9.30am – 10.30am	LAURA
BODY CONDITIONING	10.30am – 11.15am	LAURA
STUDIO CYCLING*	6.15pm - 7.00pm	BECCA
BOXERCIRCUITS	6.30pm – 7.15pm	CHRIS
CIRCUITS	7.30pm – 8.30pm	CHRIS

FRIDAY		
STUDIO CYCLING*	7.00am – 7.45am	CHRIS
FIGHT FX	9.30am – 10.30am	NEIL
FREE STYLE YOGA	10.30am – 11.30am	NEIL
AQUA	10.00am – 10.45am	CHRIS
CARDIO CIRCUIT	6.30pm – 7.30pm	BECCA

SATURDAY		
BOOT CAMP	9am – 10.00am	CHRIS
STUDIO CYCLING*	10.15am – 11.00am	BECCA

SUNDAY		
STUDIO CYCLING*	9.30am - 10.15am	BECCA

GOLD MEMBERS
SILVER MEMBERS
NON MEMBERS

ALL CLASSES FREE OF CHARGE
ALL MORNING AND WEEKEND CLASSES FREE
CHARGE OF £5.00 TO ATTEND CLASSES
(EXCLUDING AQUA AND STUDIO CYCLING*)