

PALMS CLASS TIMETABLE Commencing Monday 18 April 2011

| | | | | | | | MON | TUE | WED | THUR | FRI | SAT |
|----------|---|--|---|--|--|--|-----|-----|-----|------|-----|-----|
| OFF PEAK | 10-11AM (SA) ZUMBA MICHELLE | 12.45-1.40PM (SA) LINE DANCING DAWN | | 1.00-1.45PM FIT AQUA POOL | 11.30-12.25PM (SA) LOW IMPACT AEROBICS DAWN | 10-11AM (SA) PILATES DAWN | | | | | | |
| | | | | 1.45-2.15 JOG AQUA POOL | 12.30-1.30 (SA) PILATES DAWN | | | | | | | |
| | 6-7PM (AH) BODY CONDITIONING | 6.15-7.15PM (AH) STEP AEROBICS DAWN | 6-7PM (AH) HIPS, BUMS, TUMS, THIGHS MICHELLE | 6.45-7.45PM (AH) ZUMBA MICHELLE | 5.30-6.30PM (AH) THUMP | | | | | | | |
| | 7.30-9PM (SA) YOGA MIKE | 7.30-8.30PM (AH) CIRCUITS MATT | 8-9PM (SA) PILATES DAWN | 8-9PM (AH) CIRCUITS MATT | | | | | | | | |
| | 8.30-9PM (SA) ABS CIRCUIT MATT | | 7.30-9PM (SA) YOGA MIKE | NEW OR CHANGED | | | | | | | | |
| | | | | | <p style="text-align: center;"><u>KEY</u></p> <p style="text-align: center;">AH ACTIVITY HALL SA SAMMYS FUNCTION ROOM SH SPORTS HALL</p> <p style="text-align: center;">Please note: Booking is Essential (excluding Aqua) Please call Belper Leisure Centre on 01773 825285. Members must bring their valid membership card to gain free entry to classes. Please see booking T&Cs.</p> | | | | | | | |