

Fitness Class Programme May/June 2010



Monday		
09:30 – 10:30	Body Pump	Bee Jacks
10:45 – 11:45	Body Balance	Maria
12:30 – 13:15	Total Tone	Maria
17:30 – 18:30	Cardio Blitz	Lizzy
18:30 – 19:15	Bike IT	Pete
19:30 – 20:30	Aqua	Bee Jacks
19:00 – 20:00	Circuits	Luke

Tuesday		
09:30 – 10:30	Body Sculpt	Emma
13:00 – 14:00	Body Balance	Bee Jacks
17:30 – 18:30	Step	Sue
18:30 – 19:30	Cardio Blitz	Bee Jacks
19:30 – 20:30	Body Balance	Bee Jacks

Wednesday		
10:45 – 11:30	Aqua	Bee Jacks
13:00 – 13:45	Aerobics	Anna
17:30 – 18:30	Body Conditioning	Sue
19:30 – 20:30	Aqua	Bee Jacks

Thursday		
09:30 – 10:30	Step	Sue
12:45 – 13:15	Bike IT	Pete
13:00 – 14:00	Body Balance	Bee Jacks
18:00 – 19:00	Body Pump	Bee Jacks
19:15 – 20:15	Pilates	Tracey

Friday		
09:30 – 10:30	Body Conditioning	Sue
13:00 – 13:45	Body Pump	Jay
17:30 – 18:15	Bike IT	Pete

Please book your space at reception, online at herongateleisure.com or call 01488 682000

Don't forget to check-in to your class on arrival!

If you can't make it please call us to allow another member to participate in the class - thank you.

Non members can only book space on class 48 hours prior to day of class