

# CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:15	Core Control 7.15 - 7.45	Pure Stretch 7.15 - 8.00	Kettlebells 7.15 - 8.00	HIIT 7.15 - 7.45	Circuits 7.15 - 8.00			
7:30								
7:45								
8:30	Advanced Pilates Course 9.30 - 10.30	Iyengar Yoga 9.00 - 10.00	Zumba 9.30 - 10.30	Advanced Pilates 9.00 - 10.00	Bootcamp 9.00 - 9.45	Tai Chi 8.30 - 9.30		
8:45								
9:00		Aqua Fit 10.00 - 10.45	Tai Chi Course 10.15 - 11.15	Hatha Yoga 11.00 - 12.00	Cardio Tone 11.00 - 12.00	Vinyasa Flow Yoga 11.00 - 12.00	Pure Stretch 10.00 - 11.00	
9:15								
9:30		Intermediate Pilates Course 10.45 - 11.45	Aqua Fit 11.00 - 11.45	Gentle Yoga 12.15 - 13.15	Fitness Flow 12.00 - 13.00	Vinyasa Flow Yoga 12.15 - 13.15	HIIT 12.00 - 12.30	Body Conditioning 9.30 - 10.15
9:45								
10:00		Beginner's Pilates 12.00 - 13.00	Pure Stretch 12.00 - 13.00					Legs, Bums & Tums 11.00 - 11.30
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15:00								
15:15			Beginner's Pilates Course 15.00 - 16.00					
15:30								
15:45								
16:00								
16:15	Express Fitness 17.00 - 17.30	Fitsteps 16.00 - 17.00	Intermediate Pilates 16.15 - 17.15	Pure Stretch 16.00 - 16.45				
16:30								
16:45								
17:00								
17:15	Fitness Flow 18.00 - 19.00	Zumba 17.30 - 18.15	Advanced Pilates 18.00 - 19.00	Legs, Bums & Tums 18.00 - 18.30	Body Conditioning 18.00 - 18.45			
17:30								
17:45								
18:00								
18:15								
18:30								
18:30		Kettlebells 18.30 - 19.15						
18:45								
19:00								

## PILATES & TAI CHI COURSES

**PILATES COURSE: £60.00 TAI CHI COURSE: £36.00**

Courses begin on Monday 29th April. They run for six consecutive weeks, with one session at the specified time each week. Any missed classes cannot be redeemed at a later date. Please book via the Fitness Centre Reception on 01491 570 518 from Monday 1st April at 9am.

For class descriptions or further information please visit [members.phylliscourt.co.uk/your-fitness-centre](http://members.phylliscourt.co.uk/your-fitness-centre)