

# PAID FOR COURSES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00							
07:15							
07:30							
07:45							
08:00							
08:15							
08:30							
08:45							
09:00							
09:15							Aqua Fit (45 mins) Annie Arscott £
09:30							
09:45				Aqua Zumba (45 mins) Lucile Eade-Brachet £			
10:00							
10:15	Advanced Pilates (1 hour) Kirsten Cowan £		Beginner Pilates (1 hour) Kirsten Cowan £				
10:30							
10:45							
11:00							
11:15							
11:30	Intermediate Pilates (1 hour) Kirsten Cowan £						
11:45							
12:00							
12:15							
12:30							
12:45							
13:00							
13:15							
13:30				Aqua Fit (45 mins) Nickie Hogg £			
13:45							
14:00							
14:15							
14:30							
14:45			Aqua Fit (45 mins) Annie Arscott £				
15:00							
15:15							
15:30						Beginner/Intermediate Pilates (1 hour) Kirsten Cowan £	
15:45							
16:00							
16:15	Aqua Fit (45 mins) Annie Arscott £			Meditation course (1 hour) Steve Munn £			
16:30							
16:45							
17:00							
17:15							
17:30							
17:45							
18:00							
18:15							
18:30							
18:45							
19:00							
19:15							



## BOOKING CLASSES

Bookings for classes can be made seven days in advance online at [members.phylliscourt.co.uk](http://members.phylliscourt.co.uk) or by calling Fitness Centre Reception (01491 570 518).

Members are required to cancel no later than two hours before their class. If you need to cancel please do so online or by calling the Fitness Centre.

Paid for courses are available and run for six consecutive weeks, with one session a week. Please speak to a member of the fitness team for more information on the courses that are running.

## KEY

-  Pool-based class
-  Paid for course

*This timetable may be subject to change*