

*BRING A FRIEND FRIDAY – LAST FRIDAY
EVERY MONTH

Class timetable: Start date: **MONDAY 30th April**

Non-members: £9.50 per class

| Time | Class | Levels | Instructor | Location |
|---|-------------------------------|--|----------------|-------------|
| Monday | | | | |
| 9:15am – 10:00am | Spin | All | PT | Spin Studio |
| 10:00am – 11:00am | Pilates | All | Sonia | Studio |
| 9:30am – 10:15am | Aqua | All | Shell | Aqua |
| 11:30am – 12:30pm | Yoga | Advanced | Tracy | Studio |
| 1:00pm – 2:00pm | Pil-oga | Intermediate | Tracy | Studio |
| 6:45pm – 7:30pm | Spin | All | PT | Spin Studio |
| 6:20pm – 7:00pm | Circuits | All | Terri | Studio |
| 7:15pm – 8.15pm | Ultimate Dance Fitness | All | Mo | Studio |
| Tuesday | | | | |
| 7:00am – 7:30am | Spin Express | All | PT | Spin Studio |
| 9:30am – 10:15am | Legs, Bums & Tums Circuits | Beginners | PT | Studio |
| 10:15am – 12:45pm | Aquatots | Contact info@aquatots.co.uk for more info | | Pool |
| 10:30am-11:30am | Beginners Yoga | Beginners | Michelle | Studio |
| 5:45pm - 6:30pm | Barbell Blast | All | PT | Studio |
| 6:45pm – 7.30pm | Boxercise | All | PT | Studio |
| Wednesday | | | | |
| 9:00am – 9:30am | Boxercise Express | All | PT | Studio |
| 9:30am – 10:15am | Zumba Gold | Beginners | Donna | Studio |
| 10:30am – 11:15am | Aqua Zumba | All | Donna | Pool |
| 12:45pm -1:45pm | Pilates | All | Tracy | Studio |
| 5:30pm – 6:30pm | Tai Chi | All | Faith | Studio |
| 6:30pm – 7:15pm | Zumba | All | Vicky | Studio |
| 6:45pm- 7:30pm | Spin | All | PT | Spin Studio |
| 7:15pm- 8:00pm | Insanity | All | Vicky | Studio |
| Thursday | | | | |
| 10.35am – 11.20am | Aqua | All | Donna | Pool |
| 11:30am-12:30pm | Pilates | All | Tracy | Studio |
| 5:45pm – 6:30pm | Kettlebells | All | PT | Studio |
| 7:00pm - 8:00pm | Pilates | All | Tracy | Studio |
| 7:00pm – 7:45pm | Aqua | All | Michelle | Pool |
| Friday | | | | |
| 9:00am-9:30am | PT Special | All | PT | Studio |
| 9:30am – 10:15am | Aqua | All | Shell | Pool |
| 9.30am – 10.15am | Stretch and Relax | All | Michelle/ Jess | Studio |
| 10.30am – 11.15am | Bounce DanceFit | All | Shell | Studio |
| 5:30pm – 6:15pm | Boxercise | All | PT | Studio |
| 6:15pm – 6:40pm | Abs Blast | All | PT | Studio |
| 6:45pm - 7:45pm | Yoga | All | Bindoo | Studio |
| Saturday | | | | |
| 8:45am - 9:30am | Spin | All | PT | Spin Studio |
| 9:35am – 10:25am | Circuits | All | PT | Studio |
| Kid's Bug Bites Sunday – 10:30am – 11:30am Call Alison to book 07927407423 | | | | |

PLEASE BOOK CLASSES ONLINE AT www.the-wiltshire.co.uk UNDER LEISURE CLASS BOOKING