



Barnsdale Hall Class Time Table April - July 2008



All classes are 1 hour in duration unless otherwise stated.			Cost	
Monday	Class	Instructor	Leisure Members	Time Share Members
10.00 AM	Aqua Circuit	Hayley	Free	£3.50
11.00 AM	Wake Up Work Out	Simon	Free	£3.50
5.30 PM	SBBBA Karate for Kids	Emma	£4.00	£4.00
7.00 PM	Circuit Training	Richard	Free	£3.50
8.00 PM	Studio Cycling (45 mins)	Richard	Free	£3.50
Tuesday				
6.00 PM	Studio Cycling (45 mins)	Richard	Free	£3.50
7.00 PM	Bums Legs Tums Blitz	Judith	£4	£4
8.00 PM	Conditioning Pilates	Judith	£4	£4
8.00 PM	Boxercise (squash court)	Richard	Free	£3.50
Wednesday				
9.30 AM	Beginners Tennis Coaching	P.Harding	Contact Instructor	
10.00 AM	Ladies Circuits	Emma	Free	£3.50
6.30 PM	Studio Cycling (45 mins)	Nicola	Free	£3.50
7.00 PM	Intermediate Tennis Coaching	R.Wilson	Contact Instructor	
7.30 PM	Body Conditioning	Nicola	Free	£3.50
Thursday				
10.00 AM	Aqua Aerobics	Nicola	Free	£3.50
11.00 AM	Legs Bums Tums	Nicola	Free	£3.50
1.00 PM	Pilates	Stephanie	Free	£3.50
2.00 PM	Pilates	Stephanie	Contact Instructor	
4.15 PM	Junior Tennis Coaching	D.Potter	Contact Instructor	
5.00PM	Junior Tennis Coaching	D.Potter	Contact Instructor	
7.00 PM	Pilates (course)	Stephanie	Contact Instructor	
8.00 PM	Pilates (course)	Stephanie	Contact Instructor	
Friday				
10.00 AM	Aerobics	Nicola	Free	£3.50
7.00 PM	Boxercise	Richard	£3.50	£3.50

Class Etiquette	Please arrive 5 minutes before your class.	Ensure you cancel if you are unable to attend.
	Hydrate before, during and after your class.	Wear the appropriate clothing for your class with clean trainers.
	Consumption of food or chewing gum is not allowed.	
	Please inform the instructor if you have any injuries or illness before the class starts.	

Contact Details	Richard - 07772756634	R.Wilson - 07971457739
	Judith - 07771866123	D.Potter - 07834470940
	Stephanie - 07960436777	

Limited spaces available, booking is essential to avoid disappointment! Contact Leisure Reception 01572 771314.

Classes highlighted are on our special class rate, take part in both classes for £5.00. Classes have to be on the same day!

Studio hours are available to hire, ask at Leisure Reception for more details.