



Barnsdale Hall Class Time Table 7th Sept - Jan '2010

All classes are 1 hour in duration unless otherwise stated.			Cost	
Monday	Class	Instructor	Leisure Members	Time Share Members
9.15 AM	Adults Tennis Coaching	Dan	Contact Instructor	Contact Instructor
10.00 AM	Aqua Circuits	Hayley	Free	£4.00
5.30 PM	SBBBA Karate for Kids	Emma	£4.00	£4.00
7.00 PM	Body Conditioning	Nicola	Free	£4.00
8.00 PM	Studio Cycling (45min)	Nicola	Free	£4.00
Tuesday				
10.00 AM	Yoga	Caroline	Contact Instructor	Contact Instructor
6.00 PM	Studio Cycling (45min)	Emma	Free	£4.00
7.00 PM	Bums Legs Tums Blitz	Judith	£4.00	£4.00
8.00 PM	Conditioning Pilates	Judith	£4.00	£4.00
Wednesday				
9.30 AM	Beginners Tennis Coaching	Jack	Contact Instructor	Contact Instructor
10.00 AM	Body Conditioning	Emma	Free	£4.00
2.00 PM	Yoga	Caroline	Contact Instructor	Contact Instructor
7.00 PM	Studio Cycling (45min)	Richard	Free	£4.00
7.00 PM	Intermediate Tennis Coaching	Dan	Contact Instructor	Contact Instructor
8.00 PM	Boxercise	Richard	Free	£4.00
Thursday				
10.00 AM	Aqua Aerobics	Nicola	Free	£4.00
11.00 AM	Legs Bums Tums	Nicola	Free	£4.00
1.00 PM	Pilates	Stephanie	Free	£4.00
6.45 PM	Pilates (course)	Stephanie	Contact Instructor	Contact Instructor
8.00 PM	Pilates (course)	Stephanie	Contact Instructor	Contact Instructor
Friday				
10.00 AM	Conditioning Aerobics	Nicola	Free	£4.00
6.00 PM	Circuit Training	Ant	Free	£4.00
7.00 PM	Boxercise	Richard	£4.00	£4.00

Class Etiquette	<ul style="list-style-type: none"> *Please arrive 5 minutes before your class. *Hydrate before, during and after your class. *Consumption of food or chewing gum is not allowed. *Please inform the instructor if you have any injuries or illness before the class starts. 	<ul style="list-style-type: none"> *Ensure you cancel if you are unable to attend. *Wear the appropriate clothing for your class with clean trainers. *All classes must be booked before you attend the class.
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Contact Details	Richard - 07545447283 Judith - 07771866123 Stephanie - 07960436777	Dan (Tennis Coach) - 07834470940 Jack (Tennis Coach) - 07988877100 Caroline - 01572 822226
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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 £6.00. Classes have to be on the same day!

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

Aqua circuits/aerobics will not take place during school holidays.