

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30-7.00 ARISE <i>Jade E</i>	6.15-7.00 GYM BOOTCAMP <i>Jade E</i>	6:15-6.45 HIIT <i>Jennie</i>	6.30-7.15 SPINNING <i>Nadine</i>	6.15 - 7.00 GYM BOOTCAMP <i>Jennie</i>	7.15-8.00 GYM BOOTCAMP <i>Jennie</i>
9.00-9.45 KETTLEBELLS <i>Jennie</i>	9.15 - 10.00 BODYWORX <i>Jennie</i>	8.00 - 9.00 GYM BOOTCAMP <i>Jennie</i>	8.00-9.00 GYM BOOTCAMP <i>Jennie</i>	9.10-10.10 PILATES <i>Elaine</i>	8.00-9.00 VINYASA FLOW <i>Rachel G</i>
9.45-10.30 SPINNING <i>Jennie</i>	10.00-10.45 RETRO AEROBICS <i>Lorraine</i>	9.15 - 10.00 BODYWORX <i>Jennie</i>	9.10 - 10.00 CLUBBERCISE <i>Lorraine</i>	10.15-11.00 PILOXING™ <i>Jennie</i>	9.00-9.45 SPINNING <i>Rach D</i>
10.00-11.00 YOGA <i>Sandra</i>	10.00 - 10.45 SPINNING <i>Jennie</i>	10.00—10.45 ZUMBA®™ <i>Lorraine</i>	10.00-10.45 BOTTOMS UP & ABS <i>Jennie</i>	11.00-11.45 SPINNING <i>Jennie</i>	9.00— 9.45 KETTLEBELLS <i>Jennie</i>
1.00-1.45 GYM BOOTCAMP <i>Lorraine</i>	11.00-12.00 STRETCH & TONE <i>Jennie</i>	10.45 - 11.30 SPINNING <i>Lorraine</i>	10.45-11.30 STRETCH & TONE <i>Jennie</i>	11.00-11.45 <b>CRECHE</b> £3.50 per child 12 weeks—4 years old	9.45 –10.15 ABS <i>Jennie</i>
1.00-1.45 <b>CRECHE</b> £3.50 per child 12 weeks—4 years old	5.15 –6.00 BOTTOMS UP & ABS <i>Jennie</i>	10.45-11.30 <b>CRECHE</b> £3.50 per child 12 weeks—4 years old	5.45-6.15 HIIT <i>Nadine</i>	11.45-12.30 GYM BOOTCAMP <i>Jennie</i>	10.15-11.00 PILOXING™ <i>Ashleigh</i>
5.15 - 5.45 BODYWORX <i>Jennie</i>	6.00 - 6.30 BODYWORX <i>Jennie</i>	5.15 - 5.45 HIITSTEP <i>Ashleigh</i>	6.15 - 7.00 PUMP <i>Claire</i>	5.15 - 6.00 PILATES <i>Lindsey</i>	
5.45 - 6.15 HIIT <i>Jennie</i>	6.30-7.15 RETRO AEROBICS <i>Lorraine</i>	5.45 - 6.30 PILOXING™ <i>Jennie</i>	7.00-7.45 SPINNING <i>Claire</i>	6.00 - 6.45 CIRCUITS <i>Jennie</i>	<b>SUNDAY</b>
5.45 - 6.30 SPINNING <i>Nadine</i>	7.15-8.00 SPINNING <i>Claire</i>	6.30-7.00 PAD WORK <i>Jennie</i>	7.15-8.00 PILATES <i>Elaine</i>	Over 60 classes each week Early mornings, midday and late evenings Crèche available three times per week	9.15 - 10.00 BODY BLITZ <i>Jennie</i>
6.15 - 6.45 ABS <i>Jennie</i>	7.15-8.00 CLUBBERCISE <i>Lorraine</i>	7.00-8.00 YOGA <i>Michelle</i>			10.00-10.30 CLUBBERCISE™ <i>Rach P</i>
6.45 - 7.30 POUND™ <i>Rach P</i>	8.00-8.45 STEP AEROBICS <i>Claire</i>	8.00— 8.45 CLUBBERCISE™ <i>Lorraine</i>	Find class descriptions overleaf or ask at Reception for more information.		10.30-11.00 LATINO DANCE <i>Rach P</i>
7.30 - 8.15 BEGIN SPIN <i>Rach P</i>	Classes in white are unlimited on all gym & class memberships			clubzest.co.uk 0191 516 98 98	11.00-11.45 PILATES <i>Rach P</i>
7.45- 8.45 VINYASA FLOW <i>Rachel G</i>	Classes in pink are an additional cost for all members				
	Online booking at <a href="http://www.clubzest.co.uk">www.clubzest.co.uk</a>				

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