



Classes at Capital Fitness Club

Monday:

09.30-10.15	Stretch and Tone	Anne/Gill
18.00-18.45	Tone Zone	Gill
18.45-19.45	Cardio Express	Joanna
19.45-20.30	Pilates	Lesley

Tuesday:

09.30-10.15	Body Blitz	Carole
09.45-10.30	Aqua Aerobics	Gill
18.00-18.45	Shape Up	Shallon
19.00-20.15	Ashtanga Yoga	Joanne

Wednesday:

09.15-10.00	Over 50's	Anne
18.00-18.45	Aqua	Gill
18.00-18.45	Circuits	Tony
19.00-19.45	Zumba	Anne

Thursday:

09.15-10.00	Aero Tone	Vicky
16.15-17.15	Yoga	Sheila
17.30-18.30	Yoga	Shelia
18.30-19.15	T.F.B	Anne
19.15-19.45	Abs Workout	Anne

Friday:

09.45-10.30	Aqua Aerobics	Gill
10.45-11.45	Pilates (With Equipment)	Debbie
18.00-19.00	Line Dancing	Audrey

Saturday:

09.00-10.00	Pilates (Beginners)	Sylvia
10.00-11.00	Aero Step (Advance)	Joanna

Sunday:

09.30-10.30	Step (Chargeable)	Vicky
10.45-11.30	NRG Workout	Vicky
11.45-12.30	Aqua	Gill

All classes should be booked in advance

In the event that a class does not meet minimum numbers, the class may be subject to cancellation and members will be notified in advance