

New Year Studio Timetable 2012

Day	Time	Class	Level
Monday	10:00am - 10:45am	Pilates	INT
	6:00pm - 6:45pm	Stevie's Studio Cycle	INT
	7:00pm - 7:45pm	Hips, Bums & Tum's	BEG/INT
	8:00pm - 9:00pm	Zumba	All Levels
	8:15pm - 9pm	Body Flex	INT
Tuesday	10:00am - 10:45pm	Pilates	INT
	6:00 - 6:45pm	Studio Cycle & Tone	INT
	7:00pm - 7:45pm	Stability Ball	INT-ADV
	8:00pm - 8:45pm	Zumba	All Levels
	8.00pm – 8.45pm	Body Flex (New)	All Levels
Wednesday	7:15am - 8:00pm	Studio Cycle	INT
	10:00am - 10:30am	Water Aerobics	BEG
	11:00 – 11.30am	Over 50's Workout (New)	Over 50's
	12:00pm - 12:30pm	Zumba	All Levels
	5:00pm - 5:45pm	Gym 4 Kids	6 - 10 years
	6:15pm - 6:55pm	Body Burn (New)	INT-ADV
	7:00pm - 7:45pm	Studio Cycle	INT
	8:00pm - 9:00pm	Pilates	INT
Thursday	10.00am -10.30am	Over 50's Workout (New)	All Levels
	12:15pm - 12:45pm	Zumba	All Levels
	6:00pm – 7.00pm	Stoker's Studio Cycle	All Levels
	7:15pm - 8:00pm	Pilates	INT
	8:00pm - 8:45pm	Zumba	All Levels
Friday	10:00am - 10:30am	Zumba	All Levels
	6:00pm - 6:45pm	Studio Cycle	All Levels
	7:00pm - 7:45pm	Body Flex	All Levels
Saturday	10:00am - 10:45am	Studio Cycle	INT
Sunday	11:00am - 11:45am	Studio Cycle	BEG
	2:00pm – 4:00pm	Junior Gym	11 - 15year old

Cardio- Vascular

Toning

Kids Classes

Classes have limited availability and must be booked up to 7 days in advance either at country club reception.

Cancellations must be made at least 2 hours before the class commences. Failure to do so will result in a £3 charge. Telephone 02890 449504 Email countryclub@lamon.co.uk