

# NON-MEMBER PAY AS YOU GO TIMETABLE £5 PER CLASS

Day	Time	Class	Level
<b>Monday</b>	<b>Hips,bums and tum's</b>	<b>7:00pm -7:45pm</b>	<b>ALL</b>
<b>Tuesday</b>	<b>6:00pm-6:45pm</b>	<b>Cycle &amp; Abs</b>	<b>ALL</b>
	<b>7:00pm - 7:45pm</b>	<b>Terrific Tuesdays</b>	<b>ALL</b>
	<b>8:00pm -8:45pm</b>	<b>Bootcamp</b>	<b>ALL</b>
<b>Wednesday</b>	<b>10:00am – 10:30am</b>	<b>Water Aerobics</b>	<b>ALL</b>
	<b>6:00pm-6:45pm</b>	<b>Yoga (paid course)</b>	<b>ALL</b>
	<b>7:00pm - 7:45pm</b>	<b>Studio Cycle</b>	<b>ALL</b>
<b>Thursday</b>	<b>10:30am-11:15am</b>	<b>Equilibrium</b>	<b>ALL</b>
<b>Friday</b>	<b>10:00am – 10:45am</b>	<b>Friday Frenzy</b>	<b>ALL</b>
<b>Saturday</b>	<b>9:00am – 10:00am</b>	<b>Bootcamp</b>	<b>ALL</b>
	<b>10:30am - 11:15am</b>	<b>Studio Cycle</b>	<b>ALL</b>

All Classes must be booked and are available for booking 7 days in advance.  
To book a class phone a member of the Country Club Team on 02890  
449504 or Email [countryclub@lamon.co.uk](mailto:countryclub@lamon.co.uk)