

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

Day	Time	Class	Level
<b>Monday</b>	7:00pm -7:45pm	HBT'S	ALL
<b>Tuesday</b>	6:00pm-6:45pm	Cycle & Abs	ALL
	7:00pm - 7:45pm	Terrific Tuesdays	ALL
	8:00pm -8:45pm	Bootcamp	ALL
<b>Wednesday</b>			
	10:00am – 10:30am	Water Aerobics	ALL
	7:00pm - 7:45pm	HBT'S	ALL
<b>Thursday</b>	10:30am-11:15am	Equilibrium	INT
<b>Friday</b>	10:00am – 10:45am	Friday Frenzy	ALL
<b>Saturday</b>	9:00am – 10:00am	Bootcamp	ALL
	10:15am - 11:00am	Studio Cycle	ALL

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)