

SPORTSCO FITNESS CLASS TIMETABLE

SUMMER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STABILITY BALL Anna 17:30 ~ 18:30	AQUA HEALTH Anne Marie (pool) 10:00 ~ 11:00	CIRCUITS Anne Marie 07:10 ~ 08:00	ACTIVE FOR LIFE Anne Marie 10:00 ~ 11:00	CIRCUITS Anne Marie 07:15 ~ 08:15
ESB KEEP FIT Anne Marie (hall) 18:00 ~ 19:00	PILATES * INTRODUCTORY Colette 12:20 ~ 13:00	POWER STEP Anna 17:30 ~ 18:30	YOGA * Helen 12:45 ~ 13:45	AQUA HEALTH Anne Marie (pool) 10:00 ~ 11:00
POWER STEP Anna 18:30 ~ 19:30	PILATES * INTERMEDIATE Colette 13:05 ~ 13:45	PILATES * INTERMEDIATE Colette 18:30 ~ 19:30	BOXERCISE Una 17:45 ~ 18:30	TAI CHI * Master Yang Dong 13:00 ~ 14:00
AQUA AEROBICS Anne Marie (pool) 19:00 ~ 20:00	POWER STEP Una 17:45 ~ 18:30	ZUMBA Heather 19:30 ~ 20:20	SCULPT'N'TONE Gym Staff 18:30 ~ 19:30	TEEN GYM Gym Staff 16:30 ~ 17:30
SCULPT'N'TONE Anna 19:30 ~ 20:30	SCULPT'N'TONE Anna 18:30 ~ 19:30	PILATES * INTRODUCTORY Colette 19:30 ~ 20:30		
YOGA * Helen 20:30 ~ 21:30	TOTAL BODY CONDITIONING Anna 19:30 ~ 20:30	ZUMBA Heather 20:30 ~ 21:20		
	TAI CHI * Master Yang Dong 20:30 ~ 21:30	PILATES * INTERMEDIATE Colette 20:30 ~ 21:30		

SUNDAY
BODY SCULPT Gym Staff 12:00 ~ 13:00



SPINNING STUDIO CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength EZ 19:30 ~ 20:30	Endurance EZ 18:30 ~ 19:30	Strength EZ 18:15 ~ 19:15	Interval EZ 18:30 ~ 19:30	Strength EZ 19:00 ~ 20:00	Interval EZ 12:00 ~ 13:00

Bring a bottle of water and a towel to all spinning classes.

EZ: Energy Zone (more info on Spinning leaflet at reception)