

**Exercise Class Programme**

**Monday**

CLASS	TIME	INSTRUCTOR	LOCATION
AEROBICS	9:30-10:15	JANE	STUDIO
PILATES	10:15-11:00	JANE	STUDIO
AQUA	10:45-11:30	DAVE	POOL
CIRCUIT TRAINING	18:30-19:15	SAM T	STUDIO

**Tuesday**

CLASS	TIME	INSTRUCTOR	LOCATION
SWIMMING LESSONS (£)	10:30-13:00	PUDDLE DUCKS	POOL
SWIMMING LESSONS (£)	17:00-19:00	DEBBIE	POOL
IYENGAR YOGA	17:00-18:30	MARGIE	STUDIO
BOXFIT	18:45-19:30	SAM T	STUDIO
CORE	19:30-20:00	SAM T	STUDIO

**Wednesday**

CLASS	TIME	INSTRUCTOR	LOCATION
AQUA	10:15-11:00	JAMIE	POOL
IYENGAR YOGA	10:00-11:30	MARGIE	STUDIO
PILATES	13:30-14:15	JANE	STUDIO
AEROBICS	18:15-19:00	ROSIE	STUDIO
CIRCUIT TRAINING	19:15-20:00	JAMIE	STUDIO

**Thursday**

CLASS	TIME	INSTRUCTOR	LOCATION
STRETCH AND RELAX	9:00-09:45	JAMIE	STUDIO
AQUA	10:15-11:00	JAMIE	POOL
SWIMMING LESSONS (£)	11:30-14:30	PUDDLE DUCKS	POOL
SWIMMING LESSONS (£)	17:00-19:00	DEBBIE	POOL
PILATES	18:00-19:00	JANE	STUDIO
BOXFIT	19:00-19:45	JAMIE	STUDIO

**Friday**

CLASS	TIME	INSTRUCTOR	LOCATION
AQUA	09:30-10:15	JAMIE	POOL
AEROBICS	18:00-19:00	ROSIE	STUDIO

Hilton Avisford Park, Yapton Lane, Walberton, Arundel, West Sussex, BN18 0LS