

# SPRING CLASS TIMETABLE

Day	Time	Instructor	Class
Monday (a.m.)	9.15-10.15	Louise	Body Blast
	10.30-11.30	Kelly	Fitness Pilates
Monday (p.m.)	6.00-7.00	Sue	Pilates
	7.00-8.00	Kelly	BLT
Tuesday (a.m.)	9.15-10.15	Kelly	Cardio Barre
	10.30-11.30	Alison	Aerobics for the young at heart
Tuesday(p.m.)	6.30-7.30	Kelly	Kick Aerobics
Wednesday(a.m.)	9.45-10.45	Jackie	Pilates (body control)Intermediate
	11.00-12.00	Jackie	Pilates (body control)Intermediate
	12.15-1.15	Jackie	Pilates (remedial class)
Wednesday(p.m.)	1.30-2.30	Jackie	Beginners Pilates
	6.00-7.00	Kelly	Fitness Pilates
	7.00-8.00	Kelly	Body Fusion
Thursday (a.m)	9.30-10.30	Kelly	Fit Ball
Thursday (p.m)	6.15-7.15	Kelly	Fit Ball
	7.15-8.15	Louise	Circuits
Friday (a.m.)	9.30-10.30	Kelly	Kick Aerobics
Friday (p.m.)	6.00-7.00	Helen	Stomp and Step

**TO BOOK, RING RECEPTION 01747 835180**  
**Or contact [www.fitnessbydesign.ltd.uk](http://www.fitnessbydesign.ltd.uk)**

Class	Cost to Members	Cost to Non-Members
Pilates	£9.00 (or£45.00 block of 6 classes)	£9.00 (or £45.00 block of 6 classes)
All Other Classes Incl. Fitness Pilates	£3.00	£5.00

**SAVE MONEY!**  
**CLASS MEMBERSHIP AVAILABLE PLEASE SEE RECEPTION FOR DETAILS.**  
 (Class membership does not include Body Control Pilates)