

K2 crawley workout timetable

summer term 2010 april 19 - august 29



Day	Time	Class Name	Level	Time	Class Name	Level	
mon	9.30 - 10.30am	body pump	c	3	6.00 - 7.00pm	body pump	3
	9.30 - 10.30am	fit n fifty	c	h	6.00 - 7.00pm	aero, step & tone	2
	10.45 - 11.30am	buggy power		t	7.00 - 8.00pm	body combat	3
	11.00 - 12.00pm	abs, bums & thighs	c	3	7.00 - 8.00pm	body balance	2
	12.30 - 1.15pm	ab attack		l	7.00 - 8.00pm	pilates	c
				8.00 - 9.00pm	abs, bums & thighs	3	
tues	9.30 - 10.30am	aero circuits	c	3	6.00 - 7.00pm	running club	t
	9.30 - 11.00am	yoga	c	l	6.00 - 7.00pm	power hour	3
	11.00 - 12.00pm	abs, bums, thighs & step	c	3	6.00 - 7.00pm	super circuit	2
	12.30 - 1.15pm	body pum p		3	7.00 - 8.00pm	body pump	3
					8.00 - 9.00pm	pilates	c
				8.00 - 9.00pm	body jam	2	
				8.30 - 9.30pm	body combat	3	
wed	9.30 - 10.30am	body jam	c	3	6.00 - 7.00pm	body combat	3
	9.30 - 10.15am	fit n fifty	c	h	6.00 - 7.00pm	outdoor boot camp	p
	9.30 - 11.00am	yoga	c	l	7.00 - 8.00pm	abs, bums & thighs	3
	10.30 - 11.15am	pilates 50+		2	7.00 - 8.00pm	fitness yoga	2
	11.00 - 12.00pm	body pump		3	8.00 - 9.00pm	body balance	2
	12.15 - 1.00pm	pilates		l	8.00 - 9.00pm	body pump	3
thurs	9.30 - 10.30am	aero circuits	c	3	6.00 - 7.00pm	body pump	3
	9.30 - 11.00am	yoga	c	l	6.00 - 7.00pm	body attack	2
	11.00 - 12.00pm	body combat	c	3	7.00 - 8.00pm	abs, bums & thighs	3
	11.30 - 1.00pm	evergreens yoga		c	7.00 - 8.00pm	body jam	2
	12.30 - 1.15pm	ab attack		3	7.00 - 8.00pm	box fit	c
					8.00 - 9.00pm	body balance	c
fri	9.30 - 10.15am	fit n fifty	c	l	6.00 - 7.00pm	intermediate pilates	3
	9.30 - 10.30am	abs, bums & thighs	c	3	6.00 - 7.00pm	body combat	3
	10.15 - 11.00am	50+ pilates	c	l			
	11.00 - 12.00pm	body pump	c	3			
sat	9.00 - 10.00am	starter pilates	c	l	<p>please note:</p> <p>new classes/name or class time in bold</p> <p>c - crèche facilities available.</p> <p>class locations:</p> <p>l - dance studio 1 2 - dance studio 2 3 - dance studio 3 h - main hall c - c-suite 1 t - athletics track p - all weather pitch</p>		
	9.00 - 10.00am	advanced ab attack	c	3			
	10.00 - 11.00am	body combat	c	3			
	10.30 - 11.30am	running club	c	t			
	11.00 - 12.00pm	body attack		3			
	12.30 - 1.30pm	boxfit circuits		3			
sun	9.30 - 10.30am	body jam		2	<p>body pump clinic</p> <p>mon 9.15 - 9.30am thurs 5.45 - 6.00pm sun 9.45 - 10.00am <i>you must attend a clinic before participating in body pump</i></p> <p>boxfit clinic</p> <p>thurs 6.00 - 6.30pm</p>		
	10.00 - 11.00am	body pump		3			
	11.00 - 12.00pm	body balance		3			
	11.00 - 12.00pm	box fit		2			
	5.00 - 6.00pm	abs, bums & thighs		3			

for class descriptions, please refer to our workout leaflet or our website - www.freedom-leisure.co.uk

An additional 50p is added to non active card members for each class.

fitness yoga	5.00
boxfit	4.50
boot camp	5.00
fitness mix	4.50
yoga 4.40 (senior 2.30)	4.50
pilates	5.00
gentle aqua	4.50
super circuit	4.50
deep aqua	4.50
body jam	5.00
body combat	5.00
ab attack	4.50
abs, bums & thighs	4.50
aero, step & tone	4.50
body pump	5.00
body balance	5.00
body attack	5.00
aquafit	4.50
aero circuit	4.50
power hour	4.50
spin	5.00
fit n fifty	2.20
aero pilates	4.50
run club	5.00
junior spin	4.50
fitness yoga	2.50

premier members free

prices

- **if you need to cancel a class reservation** you must do it at least 24hrs before the class start time. Cancellations within 24hrs will be charged at the full rate unless the space is filled.
- **please arrive 10 minutes before** a class starts and hand your ticket to the instructor.
- **classes may be subject to change** - however, every effort will be made to cover classes during instructor absences.
- **bring a drink with you.** Café and vending facilities are available in our centres and re-usable water bottles can be purchased from reception.
- **use the lockers** for your personal belongings left on the studio floor are a hazard and you may be asked by your instructor to move them. Valuables are left at your own risk.
- **don't eat directly before a class.** A light snack an hour before will boost your energy levels.
- **crèche available** for children ages 3 months to 5 years, book at reception.

please remember:

aqua timetable

mon	7.00 - 8.00pm	aquafit
tues	12.30 - 1.30pm 7.15 - 8.00pm	gentle aqua aquafit
wed	8.30 - 9.15am 7.00 - 8.00pm 8.15 - 9.00pm	50+ aqua aquafit deep aqua
fri	12.45 - 1.30pm	aquafit
sat	8.15 - 9.00am	deep aqua

spin timetable

mon	4.00 - 4.45pm 6.00 - 6.30pm 6.30 - 7.15pm 7.30 - 8.15pm	junior spin gentle spin power spin power spin
tues	7.00 - 7.45am 12.30 - 1.15pm 6.00 - 7.00pm 7.00 - 7.30pm	wake up spin cardio spin power spin gentle spin
wed	10.00 - 10.45am 7.00 - 7.30pm 7.30 - 8.30pm	cardio spin gentle spin power spin
thurs	7.00 - 7.45am 6.00 - 7.00pm 7.00 - 8.00pm	wake up spin spin circuits power spin
fri	10.00 - 10.45am 6.00 - 7.00pm	cardio spin cardio spin
sat	9.00 - 10.00am	power spin
sun	10.00 - 10.45am	cardio spin

spin classes are only bookable 24 hours before the class commences

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exercise class timetable



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