

rye workout timetable

autumn term 2010 30 august - 2 january



mon	9.30 - 11.00am yoga	6.15 - 7.00pm chi ball 7.00 - 7.45pm bike it 7.30 - 8.15pm aquafit 7.45 - 8.45pm boxercise
tues	2.00 - 2.30pm aqua gym	5.30 - 6.15pm bike it 6.15 - 7.00pm LBT 7.00 - 8.00pm pilates 7.00 - 7.45pm kettle ball 8.00 - 9.00pm advanced pilates
wed	2.00 - 3.00pm water therapy	4.00 - 5.00pm under 8's street dance 5.00 - 6.00pm under 14's street dance 6.00 - 7.30pm yoga 7.30 - 8.30pm boxercise
thurs	10.00 - 11.00am free style 10.15 - 11.15am mature movers	7.00 - 8.00pm triple challenge 7.00 - 7.45pm aquafit 8.00 - 9.00pm pilates
fri		6.00 - 7.00pm adult trampolining 6.00 - 6.45pm bike it 7.00 - 8.00pm freedom circuits (gym)
sat	9.30 - 10.30pm boxercise	please note: new classes/name or class time in bold
sun		All water based classes are held in shallow water and are therefore open to both swimmers and non swimmers. Although please tell the instructor before the class if you are not confident in deeper water. Please advise your instructor of any injuries or medical problems which may affect you during the class. If you begin to feel unwell during a class please inform the instructor immediately.