

uckfield workout timetable

spring term 2010 january 4 - april 18



mon	9.30 - 10.30am body jam c, m 10.45 - 11.45pm pilates improvers c, m	6.30 - 7.30pm aero step 6.30 - 7.30pm bike it! 7.30 - 8.15pm aquafit 45 m 7.30 - 8.30pm body pump*
tues	9.30 - 10.30am legs, bums & tums c, m 10.45 - 11.45am body balance c, m 2.00 - 3.00pm active plus aerobics six-o 2.30 - 3.15pm water therapy** oasis, m-a	6.15 - 7.00pm fitball, core & more m 6.30 - 7.30pm body combat 7.30 - 8.30pm legs, bums & tums m 7.30 - 8.30pm yoga m 8.30 - 9.30pm body jam
wed	9.00 - 9.30am body pump technique 9.30 - 10.30am body pump* c 10.45 - 11.45am fitball c, m 12.00 - 1.00pm boxercise	6.00 - 7.00pm pilates m 6.30 - 7.30pm body jam m 7.45 - 8.45pm pole dancing course* 7.00 - 8.00pm salsa course 7.30 - 8.15pm aquafit 45 m
thurs	9.30 - 10.30am body combat c 10.45 - 11.45am body pump c, m 2.00 - 3.00pm active plus flex & stretch six-o	6.30 - 7.30pm legs, bums & tums m 6.30 - 7.15pm bike it 7.30 - 8.30pm body pump* 8.30 - 9.30pm boxercise
fri	9.30 - 10.30am body pump* c 10.45 - 11.45am body balance c, m 11.00 - 12.00 am aquafit c, m 2.00 - 3.00pm active plus line dancing	6.00 - 7.00pm body combat
sat	9.00 - 10.00am legs, bums & tums 9.30 - 10.15am bike it! 45 10.15 - 11.15am body pump*	<p>please note: new classes/name or class time in bold</p> <p>c - crèche facilities available. m - class available as part of mums on the run programme. m-a - mums on the run antenatal. six-o - all daytime classes available to members (aquafit and water therapy are not included).</p>
sun	9.30 - 10.30am body jam	<p>pilates - you are required to attend the beginners class before participating in the improvers class. * to attend body pump you must take part in a technique class - please ask at reception. * pole dancing courses available - please ask at reception for dates.</p>