

My Time Leisure Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Zumba 9.30 – 10.15 Debbie Young @ Heart 10.30 – 11.30 Debbie	Aerobics 9.30 – 10.30 Debbie		Aquacise 9.30 – 10.15 Debbie	Legs, bums & tums 9.30 – 10.15 Debbie Zumba 10.20 – 11.05 Debbie	Step 10.00 – 11.00 Debbie	
Afternoon		Pilates 1.30 – 2.30 Dawn					
Evening	Aqua 6.15 – 7.00 Debbie	20/20/20 6.15 – 7.15 Sue Salsacise 7.15 – 8.00 Sue	Boxercise 6.15 – 7.15 Sue Pilates 7.30 – 8.30 Dawn	Bodyblast 6.15 – 7.15 Sue Yoga 7.30 – 9.00 Christine			Zumba 5.00 – 5.45 Sue Zumba 5.45 – 6.30 Sue

All classes are free to members.

Non – members are welcome to attend, at a cost of £4.00 per class.