



01794 830333

The Rapids**Fitness Classes** January - March 2010

Studio	Time	Class
Monday		
2	9.00am - 9.45am	Body Attack Express
1	9.30am - 10.25am	Legs Bums & Tums
2	9.45am - 10.45am	Studio Cycling
1	10.30am - 11.25am	Body Balance™
1	11.30am - 12.30pm	Body Pump™
1	5.30pm - 6.25pm	Body Combat™
1	6.30pm - 7.15pm	Body Pump™
2	6.45pm - 7.45pm	Studio Cycling
1	7.15pm - 8.00pm	Body Pump™
1	8.05pm - 9.05pm	Body Balance™

Tuesday		
1	9.30am - 10.30am	Total Body Blitz
2	10.30am - 11.30am	Studio Cycling
1	10.30am - 11.30am	Swiss Ball Tone
2	11.30am - 12.30pm	Pilates
1	5.30pm - 6.30pm	Body Jam™
1	6.30pm - 7.15pm	Body Combat™
1	7.15pm - 8.15pm	Circuits

Wednesday		
1	9.25am - 10.30am	Body Pump™
1	10.30am - 11.30am	Body Balance™
1	6.00pm - 7.00pm	Body Attack™
3	6.00pm - 7.00pm	Stretch & Tone
1	7.00pm - 8.00pm	Body Pump™
3	7.00pm - 8.00pm	Yoga Relax
1	8.00pm - 9.00pm	Body Balance™





Thursday		
1	7.15am - 8.00am	Circuits
1	9.25am - 10.25am	Legs Bums & Tums
2	9.30am - 10.15am	Body Attack™
2	10.30am - 11.15am	Studio Cycling
1	10.30am - 11.30pm	Body Pump™
2	3.00pm - 4.00pm	Antenatal Yoga
1	5.40pm - 6.40pm	Studio Cycling
1	6.15pm - 7.15pm	Legs Bums & Tums
1	6.45pm - 7.30pm	Body Jam™
1	7.30pm - 8.30pm	Body Combat™

Friday		
1	9.30am - 10.30am	Body Combat™
1	10.30am - 11.30am	Body Balance™
1	11.30am - 12.30pm	Pilates
3	5.30pm - 6.30pm	Stretch & Tone
1	5.30pm - 6.30pm	Body Attack™
1	6.30pm - 7.30pm	Body Pump™
2	6.30pm - 7.30pm	Studio Cycling
3	6.30pm - 7.30pm	Yoga Relax
1	7.45pm - 8.45pm	Boxercise

Saturday		
2	9.05am - 10.05am	Stretch & Tone
1	9.05am - 10.05am	Body Pump™
2	10.05am - 11.05am	Studio Cycling
1	10.05am - 11.05am	Body Attack™
1	11.15am - 12.15pm	Body Jam™

Sunday		
1	9.05am - 10.05am	Body Combat™
1	10.05am - 11.05am	Body Balance™
1	11.05am - 12.05pm	Legs Bums & Tums
1	12.15pm - 1.15pm	Boxercise

Non Member	£5.20
Inclusive Members	INCLUDED

 Cardiovascular	General fitness, health, well being.
 Toning	Increase lean muscle, fitness.
 Strength	Increase muscle, improve functional strength.
 Relax/Yoga	Relax, mind & body.

Non members will be required to make payment at time of booking. Refunds will not be issued for non attendance. We reserve the right to discontinue classes with very low attendance at short notice.

