

# Fitness Timetable

June 2017

Day	Session	Time	Level	What's it for?	Max	Cost	
<b>Monday</b>							
Circuits	18:30 to 19:30	Beg	Improve your General Fitness. <i>Please book a place via the "Circuits" board.</i>	20	Members	Free	
					Gym Only	1.00	
					Non-Mem	5.00	
Group Squash Coaching	20:00 to 21:00	All	General Fitness and Coaching	15	Members	3.50	
					Non-Mem	5.00	
Junior Gym Training	16:30 to 17:30	All	All young people aged 10 to 15 wishing to develop their fitness in a safe supervised environment.	12	Members	Free	
					Non-Mem	3.50	
<b>Wednesday</b>							
Junior Squash Coaching	16:30 to 17:30	All	All young players aged 8 to 15 wishing to either start playing or develop their game.	12	Members	3.50	
					Non-Mem	5.00	
Circuits	18:00 to 19:00	Int	Improve your General Fitness, tone & weight loss. Please book a place via the "Circuits" board.	20	Members	Free	
					Concessions	3.50	
					Non-Mem	5.00	
Ladies Only Squash Coaching & Fitness	20:00 to 21:00	All	General Fitness and Coaching	12	Members	Free	
					Concessions	3.50	
					Non-Mem	5.00	
Racketball Club Night	20:00 to 21:00	All	All racketball players looking to develop their skills	12	Members	Free	
					Concessions	3.50	
					Non-Mem	5.00	
<b>Thursday</b>							
Early Bird Gym	07:00 to 09:00	All	Gym Open Extra Early	N/A	Members	Free	
					Concessions	3.50	
					Non-Mem	5.00	
<b>Friday</b>							
Squash & Racketball Club Night	17:00 to 19:00	All	No need to book or have a partner. Just turn up and play.	N/A	Members	Free	
					Concessions	3.50	
					Non-Mem	5.00	
Ladies Only Legs, Bums & Tums	18:00 to 19:00	All	Aimed at weight loss and toning key areas. Please book a place via the "Fitness Classes" board.	12	Members	Free	
					Concessions	3.50	
					Non-Mem	5.00	
<b>Saturday</b>							
Early Bird Gym	07:00 to 09:00	All	Gym Open Extra Early	N/A	Members	Free	
					Concessions	3.50	
					Non-Mem	5.00	
Circuits	09:30 to 10:30	Adv	Strengthen, tone and cardio workout. Please book a place via the "Circuits" board.	20	Members	Free	
					Concessions	3.50	
					Non-Mem	5.00	
Junior Squash Coaching	10:00 to 11:00	Beg & Int	All young players aged 8 to 15 wishing to either start playing or develop their game.	12	Members	3.50	
					Non-Mem	5.00	
Junior Squash Coaching	12:00 to 13:00	Int & Adv	All young players aged 8 to 15 wishing to either start playing or develop their game.	12	Members	3.50	
					Non-Mem	5.00	