



FITNESS CLASSES at FORT STAMFORD

Health and Fitness

Monday

K.O.BO	intermediate	Jonny	9.40am - 10.25am (crèche)
BODY PUMP	all levels	Fraser	10.25am - 11.25am (crèche)
50+ FITNESS	all levels	Abbie	11.30am - 12.30pm
AQUA FIT	all levels	Abbie	12.45pm - 1.30pm
PILATES	all levels	Louisa	5.30pm - 6.25pm
BODY CONDITIONING	all levels	Jonny	6.30pm - 7.25pm
BODY ATTACK	intermediate	Zoe S	7.30pm - 8.25pm
YOGA	all levels	Zoe D	8.30pm - 9.25pm

Tuesday

JUMP & PUMP	all levels	Jonny	9.40am - 10.35am (crèche)
BODY CONDITIONING**	all levels	Jonny	10.40am - 11.25am (crèche)
IYENGAR YOGA**	all levels	Dorothy	11.45am - 1.15pm
BODY ATTACK	intermediate	Jonny	5.30pm - 6.25pm
JUMP & PUMP	all levels	Rachel	6.30pm - 7.25pm
AQUA FIT	all levels	Jane	6.45pm - 7.30pm
LEGS, BUMS & TUMS	all levels	Louisa	7.30pm - 8.25pm
GYM CIRCUITS	members only	Chris	8.00pm - 9.00pm
PILATES	all levels	Louisa	8.30pm - 9.25pm

Wednesday

GYM CIRCUITS	members only	Emma/Kim	9.35am - 10.30am (crèche)
LEGS, BUMS & TUMS	all levels	Zoe	9.40am - 10.25am (crèche)
BODY PUMP	all levels	Zoe	10.25am - 11.25am (crèche)
50+ FITNESS	all levels	Abbie	11.30am - 12.30pm
AQUA FIT	all levels	Abbie	2.00pm - 2.45pm
BODY CONDITIONING	all levels	Caz	5.30pm - 6.25pm
BODY ATTACK	intermediate	Zoe S	6.30pm - 7.25pm
BODY PUMP	all levels	Zoe S	7.30pm - 8.25pm
BELLY DANCING	all levels	Louisa	8.30pm - 9.30pm

Thursday

JUMP & PUMP	all levels	Zoe S	9.45am - 10.45am (crèche)
LINE DANCING	beginners	Hayley	10.10am - 10.50am
LINE DANCING	intermediate	Hayley	11.00am - 12.00noon
AQUA FIT	all levels	Abbie	12.30pm - 1.15pm
HI LO AEROBICS	intermediate	Louisa	6.00pm - 6.55pm
BODY CONDITIONING	all levels	Louisa	7.00pm - 8.00pm
GYM CIRCUITS	members only	Colin	8.00pm - 9.00pm
AQUA FIT	all levels	Jane	7.45pm - 8.30pm
PILATES	all levels	Louisa	8.15pm - 9.15pm

Friday

HI LO AEROBICS	intermediate	Elaine	9.45am - 10.35am (crèche)
LEGS, BUMS & TUMS	all levels	Elaine	10.40am - 11.25am (crèche)
PILATES	all levels	Louisa	11.30am - 12.30pm
BODY ATTACK	intermediate	Caz	5.30pm - 6.30pm

Saturday

BODY ATTACK	intermediate	Caz	9.40am - 10.25am (crèche)
BODY PUMP	all levels	Caz	10.25am - 11.25am (crèche)

Sunday

BODY ATTACK	intermediate	Sherilee	9.30am - 10.30am
-------------	--------------	----------	------------------

(** classes to start on 5th January 2010)

PTO