

Class Timetable



THE CLUB
EASTWOOD HALL

Monday		09:30-10:15 Circuits	10:50-12:15 Tai Chi	13:00-13:55 Fit-steps	14:00-15:00 Yoga	18:00-18:30 Indoor Cycling	18:45-19:45 Hatha Yoga										
Tuesday	9:45-10:15 LBT	10:30-11:15 Cardio Tone		18:00-18:45 Body Conditioning	18:45-19:45 Pilates	Aqua Class timetable <table><tr><td>Monday</td><td>10:30 - 11:15</td></tr><tr><td>Tuesday</td><td>09:30 - 10:15</td></tr><tr><td>Wednesday</td><td>09:30 - 10:15</td></tr><tr><td>Friday</td><td>11:00 - 11:45</td></tr><tr><td>Saturday</td><td>10:30 - 11:15</td></tr></table>		Monday	10:30 - 11:15	Tuesday	09:30 - 10:15	Wednesday	09:30 - 10:15	Friday	11:00 - 11:45	Saturday	10:30 - 11:15
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Friday	11:00 - 11:45																
Saturday	10:30 - 11:15																
Wednesday	9:30-10:15 Step	10:30-11:30 Power Yoga	16:00-17:00 Pilates	18:00-18:45 H.I.T.T													
Thursday	9:30-10:15 LBT & Stretch	14:45-15:45 Gentle Yoga	18:00-18:45 Zumba	18:50-19:20 Indoor Cycling													
Friday	9:15-9:45 Indoor Cycling	9:50-10:50 Pilates	11:00-11:45 Zumba	17:20-18:10 Hatha Yoga													
Saturday	09:00-09:30 M1ND	9:40-10:30 Pump it up	10:40-11:25 Insanity			Friday	11:00 - 11:45										
Sunday	9:15-10:00 Circuits	10:05-10:35 Indoor Cycling				Saturday	10:30 - 11:15										

To Book Call: 01773 532520 or email:
Theclub.eastwood@thevenuescollection.co.uk