

Class Timetable - Spring 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	9:30 - 10:30 JAZZ AEROBICS Klaudia	9:30 - 10:15 SPIN Umar	9:30 - 10:30 DANCE AEROBICS Kaneen	9:30 - 10:30 CARDIO TONE Klaudia	09:30 - 10:30 KETTLE EXERCISE Clive	09:30 - 10:15 POWER PILATES Klaudia	10:30 - 11:30 CORE BALL Umar
	10:30 - 12:30 HEART FOUNDATION BHF	09:30 - 10:30 POWER PILATES Klaudia	10:30 - 11:30 SUPER FIT SENIORS Cheryl	11:30 - 12:30 FIT BUMPS & BABIES Postnatal (£)	10:30 - 11:30 SUPER FIT SENIORS Cheryl	10:15 - 11:15 STEP UP Klaudia	11:30 - 12:30 BODYBLAST Umar
		10:30 - 11:30 HEART & BONES Cheryl				10:35 - 11:20 SPIN Umar	
		11:30 - 12:30 HEART & BONES Cheryl				11:30 - 12:30 SUPER CIRCUITS Chrissie	
Afternoon	13:00 - 14:00 KETTLE EXERCISE Umar	12:30 - 13:15 BOSU FIT Chrissie	12:00 - 13:00 ZUMBA Kaneen	13:00 - 14:00 GOT TO DANCE Cheryl	12:30 - 13:15 BOSU CONDITION Chrissie	13:00 - 14:00 ZUMBA Kaneen	12:00 - 12:45 SPIN Annamarie
	14:30 - 15:30 SUPER FIT SENIORS Cheryl	13:15 - 14:00 CORE BALL Chrissie	13:00 - 14:00 BOOT CAMP Clive	14:00 - 15:00 CARDIAC REHAB Camden Active (£)	13:15 - 14:00 BODBLAST Chrissie		15:15 - 16:45 YOGA-ASHTANGA Sarah
		15:45 - 17:00 CHILDREN'S BALLET (£)	15:15 - 18:00 CHILDREN'S GYM (£)	15:10 - 18:10 CHILDREN'S GYM (£)			
Evening	18:30 - 19:15 SPIN Diana	18:15 - 19:00 ZUMBA Cheryl	18:30 - 19:30 PILATES Caroline	18:15 - 19:00 SPIN Annamarie	17:15 - 18:15 PILATES Caroline		
	19:15 - 20:00 BODYBLAST Diana	18:15 - 19:00 SPIN Cornel	19:15 - 20:00 SPIN Trevor	18:30 - 19:15 STEP EXPRESS Klaudia	18:15 - 19:15 SUSPENSE PLUS Chrissie		
	20:10 - 21:10 DEROSSE-METHOD YOGA Suzana	19:00 - 20:00 SUPERCIRCUITS Chrissie	19:30 - 20:30 BOX FIT Junior	19:30 - 20:30 DEROSSE-METHOD YOGA Suzana	19:15 - 20:00 SPIN Chrissie		
	20:00 - 21:45 AIKIDO (£)				19:30 - 20:30 BOX FIT Junior		
STRENGTH & TONE							
CARDIO-VASCULAR							
SPINNING							
HOLISTIC							
50+							
PRIVATE CLASS							

Classes are free for all members of The Armoury and UK Fitness Network except those marked (£)

(£) Private classes:

Additional cost for these classes; speak to a receptionist for more details.

Children's Gymnastics

Wednesday and Thursday

- 15:15-16:00 3-4 year olds
- 16:00-17:00 5-7 year olds
- 17:00-18:00 7+ year olds

Courses run during term time.

Questions or Comments contact reception:
020 7431 2263

Whilst every effort has been made to ensure the accuracy of this programme the management reserves the right to cancel or re-schedule classes after publication and at short notice.