

# Class Timetable - Spring 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	7:30 - 8:15 Spin Studio <b>COLOMBO SPIN</b> NEW! Henrietta		7:30 - 8:15 Studio 1 <b>BODY BLAST STEP</b> Henrietta				
	10:00 - 11:00 Studio 1 <b>JAZZ DANCE</b> Tracy	10:30 - 11:30 Studio 1 <b>SENIORS AEROBICS</b> Tracy					
<b>Afternoon</b>	12:00 - 13:00 Studio 1 <b>PUMP N FLEX</b> Pascal	12:00 - 13:00 Studio 1 <b>COLOMBO COMBAT</b> NEW! Parag	12:15 - 13:00 Studio 1 <b>CIRCUIT</b> John	12:00 - 13:00 Studio 1 <b>POWER SPIN</b> Pascal	12:00 - 12:45 Studio 1 <b>LBT</b> John	12:00 - 14:00 Studio 1 <b>KEMPO JU JITSU (£)</b> Henshi Brown	12:30 - 17:00 Studio 1 <b>CITY ACADEMY DANCE (£)</b> Various
	12:15 - 13:00 Spin Studio <b>COLOMBO SPIN</b> John	13:00 - 14:00 Studio 2 <b>DYNAMIC FLOW YOGA</b> Andy	13:00 - 14:00 Studio 2 <b>PILATES</b> Federica	12:00 - 13:00 Studio 2 <b>YOGA FOR ALL</b> Andy	13:00 - 14:00 Studio 2 <b>PILATES</b> Maria		
		13:00 - 13:45 Studio 1 <b>CORE CONDITIONING</b> Pascal	13:00 - 13:45 Studio 1 <b>SALSACISE</b> NEW! Paola	13:00 - 14:00 Studio 2 <b>DYNAMIC FLOW YOGA</b> Andy	13:00 - 14:00 Spin Studio 1 <b>COLOMBO SPIN AND ABS</b> NEW! John		
			13:15 - 14:00 Spin Studio <b>COLOMBO SPIN</b> Pascal				
<b>Evening</b>	18:00 - 19:00 Studio 2 <b>PILATES</b> Federica	18:00 - 18:45 Studio 1 <b>GLADIATOR CIRCUIT</b> NEW! Jason	18:00 - 19:00 Studio 2 <b>IYENGAR YOGA</b> NEW! Priscila	18:00 - 19:00 Studio 2 <b>YOGA FOR ALL</b> Andy			
	18:15 - 19:00 Studio 1 <b>ZUMBA</b> Debbie	19:00 - 21:30 Studio 1 <b>CITY ACADEMY DANCE (£)</b> Various	18:00 - 19:00 Studio 1 <b>TOTAL BODY WORKOUT</b> NEW! John	18:00 - 18:45 Spin Studio <b>COLOMBO SPIN</b> Pascal			
<b>STRENGTH &amp; TONE</b>							
<b>CARDIO-VASCULAR</b>	19:00 - 19:45 Spin Studio <b>COLOMBO SPIN</b> NEW! Hannah	19:00 - 20:00 Studio 2 <b>BEG/INTERMEDIATE SHOTOKAN KARATE</b> Sensei A Sanna	19:00 - 21:00 Studio 1 <b>CITY ACADEMY DANCE (£)</b> Various	19:00 - 20:00 Studio 1 <b>BEG/INTERMEDIATE SHOTOKAN KARATE</b> Sensei A Sanna			
<b>SPINNING</b>							
<b>HOLISTIC</b>	20:00 - 22:00 Studio 1 <b>KEMPO JU JITSU (£)</b> Henshi Brown	20:00 - 21:00 Studio 2 <b>INT/ ADVANCED SHOTOKAN KARATE</b> Sensei A Sanna		20:00 - 21:00 Studio 1 <b>INT/ ADVANCED SHOTOKAN KARATE</b> Sensei A Sanna			
<b>50+</b>							
<b>PRIVATE CLASS</b>							
<b>SPECIALIST CLASS</b>							

Classes incur no additional cost for "GYM & CLASS" members: Gym & Class Membership from £26.95

Non members may join classes if space is available for an additional fee:

Non-Member class	£7.00
Concession	£3.00

(£) Private classes incur an additional cost. Speak to a receptionist for more details. (City Academy also offers a further community discount)

Questions or Comments:  
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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.