

Class Timetable – Spring 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	8:00 - 8:45 Studios NEW! CIRCUIT TRAINING Ahmed	7:30 - 8:15 Spin Studio P-CYCLE Roger	8:00 - 8:45 Studio BODY BLAST Trevor	7:30 - 8:15 Spin Studio P-CYCLE Samantha	8:00 - 8:45 Studio KICKBOXERCISE Sal		
		8:00 - 8:45 Studios CIRCUIT TRAINING Trevor		7:45 - 8:30 Studio WARRIOR WORKOUT NEW! Sal			
Afternoon	12:15 - 13:00 Studio BODY BLAST Trevor	12:15 - 13:00 Studio TOTAL CONDITIONING Libusha	12:00 - 13:00 Studio HATHA YOGA Simon	12:15 - 13:00 Studio DANCE AEROBICS Matthew	12:15 - 13:00 Spin Studio P-CYCLE Nora		
	13:00 - 14:00 Studio NEW! VINYASA YOGA Lauren	12:30 - 13:15 Spin Studio P-CYCLE Nathalie	12:15 - 13:00 Spin Studio P-CYCLE Nora	12:15 - 13:00 Spin Studio P-CYCLE Umar	12:15 - 13:00 Studio ZUMBA® Paula		
	13:15 - 13:30 Gym NEW! ABS EXPRESS Gym Team	13:00 - 13:45 Studio CORE STABILITY Libusha	13:00 - 13:45 Studio POWER CIRCUIT Andre	13:00 - 13:45 Studio BODY BLAST Matthew	13:00 - 14:00 Studio HATHA YOGA Simon		
		13:15-13:30 Gym NEW! ABS EXPRESS Gym Team	13:15 - 13:30 Gym NEW! ABS EXPRESS Gym Team				
Evening	18:00 - 18:45 Spin Studio P-CYCLE Andre	17:15 - 17:35 Studio NEW! LEG MAGIC Gym Team	17:30 - 18:15 Studio DANCE AEROBICS Tina	17:15 - 17:35 Studio NEW! LEG MAGIC Gym Team			
	18:00 - 18:45 Studio ZUMBA® Paula	17:45 - 18:45 Studio PILATES (ALL) Nathalie	18:15 - 19:00 Studio BODY BLAST Tina	18:00 - 19:00 Studio NEW! VINYASA YOGA Lauren			
	18:45 - 19:30 Studio BODY BLAST Andre	18:00 - 18:45 Spin Studio P-CYCLE Nora					
	18:45 - 19:00 Gym NEW! ABS EXPRESS Gym Team	18:45 - 19:45 Studio PILATES (ADVANCED) Nathalie					

Always get a place in your favourite class by simply booking in advance.

ONLINE BOOKING IS NOW AVAILABLE UP TO 8 DAYS IN ADVANCE

jubileehalltrust.org/westminster/classes/

The Jubilee Hall Trust also offers an extensive class schedule at Jubilee Hall in Covent Garden and at The Armoury in Hampstead.

All peak members of Westminster Gym are welcome to attend any of these classes if you wish to exercise over the weekend.

Classes are free for all peak members of Westminster Gym. Only classes during off peak times are free for off peak members to attend.

Off peak members may join peak time classes for an additional fee of £6.75.

Any non member wishing to attend a class as a one off can pay £9 per session if they do not wish to join on a permanent membership.

Our classes are for all levels of ability unless stated.

It is important to arrive early for your class to avoid any disruption and to ensure you have a full warm up before exercising.

If you have further questions, do not hesitate to contact us on 020 7219 5546, or email Nora Greski at westminsterdm@jubileehalltrust.org

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.

- STRENGTH & TONE**
- CARDIO-VASCULAR**
- INDOOR CYCLING**
- HOLISTIC**
- EXPRESS**



100's of gyms, with 1000's of classes to choose from, on the UK Fitness Network so you never need to miss out on your gym session wherever you may be in the country.

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Get your free Westminster Gym key ring, lanyard and personal training session when you have your own tailor made periodized fitness programme designed by one of our specialist trainers.

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