

Studio Timetable - Winter 2011/2012

To book onto a class, please call us on 020 8399 1594



Studio Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00			Surbiton Boot Camp 06:45-07:30 Ju				
07:30							
08:00							
08:30							
09:00						Circuits 09:00-10:00 Ju	
09:30	Beat Box 9.30 - 10.30 K		Legs, Bums & Tums 9.30 - 10.30 N		Impact Conditioning 9.30 - 10.30 K		Pilates 9.30-10.30 K
10:00							£ Pilates 9.30-10.30 K
10:30						Self Balance 10.15 - 11.00 Ju	
11:00	£ Yoga 11:00-12:15 S					£ Salsa 11.15 - 12.15 W	
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30		Dance Stars (PH) £ 15:45 - 18.45 Jnr Classes ages 2-15 Additional Fees Apply Contact Clare Rowland 07754 748 819	Dance Stars (PH) £ 15.45 - 19.30 Jnr Classes ages 2-15 Additional Fees Apply Contact Clare Rowland 07753 748 819	Dance Stars (PH) £ 15:45 - 18:30 Jnr Classes ages 2-15 Additional Fees Apply Contact Clare Rowland 07753 748 819		Dance Stars (PH) £ 16:00 - 18:30 Jnr Classes ages 2-15 Additional Fees Apply Contact Clare Rowland 07753 748 819	
16:00							
16:30							
17:00							
17:30							
18:00							
18:30							Adult Ballet (PH) £ 18:30 - 19:30 Additional Fees Apply Contact Clare Rowland 07753 748 819
19:00		£ Pilates 19:15-20:15 K	Total Body Workout 19.35 - 20.30 D	Zumba 18.30 - 19.30 K	Dance 18.30 - 19.30 H		
19:30	Indoor Cycling 19.30-20:15 Ju	£ Pilates 20:15-21:15 K		Box Fit 19.35 - 20.30 K			
20:00							
20:30	Boxercise 20:30-21:30 Ju		Indoor Cycling 20.40 - 21.30 D				
21:00							
21:30							
22:00							

<p>KEY</p> <table style="width: 100%; border: none;"> <tr><td style="width: 20px; height: 10px; background-color: #add8e6; border: 1px solid black;"></td><td>All Over Body Workout</td></tr> <tr><td style="width: 20px; height: 10px; background-color: #ffa500; border: 1px solid black;"></td><td>Aerobic Fitness</td></tr> <tr><td style="width: 20px; height: 10px; background-color: #800080; border: 1px solid black;"></td><td>Dance</td></tr> </table>		All Over Body Workout		Aerobic Fitness		Dance	<table style="width: 100%; border: none;"> <tr><td style="width: 20px; height: 10px; background-color: #ff69b4; border: 1px solid black;"></td><td>Balance & Vitality</td></tr> <tr><td style="width: 20px; height: 10px; background-color: #00ff00; border: 1px solid black;"></td><td>Boxing Circuit</td></tr> <tr><td style="width: 20px; height: 10px; background-color: #ffff00; border: 1px solid black; text-align: center;">£</td><td>Studio Hire Fees Apply</td></tr> </table>		Balance & Vitality		Boxing Circuit	£	Studio Hire Fees Apply	<table style="width: 100%; border: none;"> <tr><td style="width: 20px; height: 10px; background-color: #000000; border: 1px solid black; text-align: center;">£</td><td>Additional Charge</td></tr> <tr><td style="width: 20px; height: 10px; background-color: #000000; border: 1px solid black; text-align: center;">PH</td><td>Private Hire of Studio</td></tr> </table>	£	Additional Charge	PH	Private Hire of Studio	
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Please be aware that the class timetable can change so we recommend that you call the Club prior to your visit to book onto a class.