NEW DIMENSIONS HEALTH CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6.00am							
9.00am	NEW DIMENSIONS 20 MINUTE EXPRESS FITBALL					9.00am	NEW DIMENSIONS BOXFIT
9.30am	NEW DIMENSIONS NEW BODY	LES MILLS BODYPUMP	NEW DIMENSIONS FAT BURNER	NEW DIMENSIONS FAT BURNER	NEW DIMENSIONS MORTAL COMBAT MUSCLE COND.	10.00am	NEW DIMENSIONS YOGA
10.40am	NEW DIMENSIONS BOXFIT	X55 RADICAL FITNESS	NEW DIMENSIONS 20 MINUTE AB CRUNCHER			11.00am	ZUMBA FITNESS
5.30pm	LES MILLS BODYPUMP	LES MILLS BODYSTEP	NEW DIMENSIONS BOXFIT	LES MILLS BODYPUMP	ZUMBA FITNESS		
6.30pm	X55 RADICAL FITNESS	LES MILLS BODYPUMP	NEW DIMENSIONS PILATES	LES MILLS BODYSTEP			
7.30pm	NEW DIMENSIONS 20 MINUTE AB CRUNCHER	NEW DIMENSIONS 20 MINUTE AB CRUNCHER	NEW DIMENSIONS 20 MINUTE AB CRUNCHER				
8.00pm	NEW DIMENSIONS KICKBOXING	NEW DIMENSIONS BOXFIT	NEW DIMENSIONS KICKBOXING				

These classes may be subject to change & cancellation. Please refer to the board outside the group exercise room for any changes. Bookings Essential, please see Reception. Timetable effective from Monday February 1st 2010

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
9.30am			SPIN			9.00am	SPIN
10.40am							
5.30pm				SPIN			
6.30pm		SPIN					

SPECIAL PROGRAMING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
4.00pm		TEEN ZONE		TEEN ZONE			