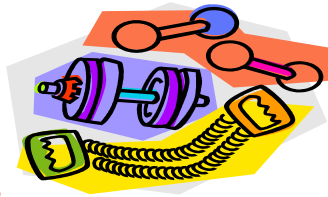



# Gym Timetable



From 9<sup>th</sup> February 2012

Day	Time	Class	Level	Instruct
<b>Monday</b>  <i>Please Book to reserve your place.</i>	09.30 – 10.30	Pilates (Yoga Studio)	All Levels	Norma
	09.30 – 10.15	R.P.M Spinning	All Levels	David
	18.00 – 19.00	Muscle Pump n Tone	Work it Hard	Daniel
	19.00 – 20.00	Pilates, Stretch & Tone	All Levels	Marie
	18.30-20.00	<i>Bikram Yoga (07797725243)</i>	All Levels	Karen
<b>Tuesday</b>	10.00-11.30	<i>Bikram Yoga (07797851589)</i>	All Levels	John
	18.00 – 18.50	Spin/ Box Circuit (30 mins each)	Work it Hard	David
	18.30- 20.00	<i>Bikram Yoga (07797725243)</i>	All Levels	Karen
<b>Wednesday</b>  	09.30 – 10.30	Pilates (Yoga Studio)	Work it hard	Marie
	09.30 – 10.30	Spin / Circuit	All Levels	David
	18.00 – 18.55	L.B.T	Work it Hard	Sarah
	19.00 – 20.00	Pilates Stretch & Tone	Work it Hard	Marie
	18.30- 20.00	<i>Yoga – Bikram(07797725243)</i>	All Levels	Karen
<b>Thursday</b>	09.30-10.30	Body Pump circuits(Soccer dome)	All Levels	David
	10.00-11.30	<i>Bikram Yoga (07797851589)</i>	All Levels	John
	18.00 – 19.00	Ski-fit Circuit	Work it Hard	Daniel
	18.30 – 20.00	<i>Bikram Yoga (07797851589)</i>	All Levels	John
<b>Friday</b>	09.30 – 10.30	Pilates, Stretch & Tone (Yoga Studio)	All Levels	Marie
	09.30 – 10.15	Alternative Spinning	Work it Hard	David
	18.30 – 20.00	<i>Yoga – Bikram(07797725243)</i>	All Levels	Karen
<b>Saturday</b>	09.30 – 10.30	Pilates, Stretch & Tone	All Levels	Mandy
	16.00-17.30	<i>Bikram Yoga (07797851589)</i>	All Levels	John/Karen
<b>Sunday</b>	09.00 – 09.45	Spinning	All Levels	Daniel
	10.00 – 11.30	<i>Yoga – Bikram(07797725243)</i>	All Levels	Karen

ALL CLASSES FREE to gym members apart from a supplement for Yoga. Non-Members £9 per class.  
Online bookings available at [www.lesormesjersey.co.uk](http://www.lesormesjersey.co.uk) Save £2.50 per class.

Please book in advance and arrive 10 minutes before the class begins.