

## Class Timetable 2012

Monday			Wednesday			Friday		
10.00 - 10.45	Dance Aerobics	Kelle 1	10.00 - 10.45	Aqua aerobics	Debble Pool	11.00 - 11.45	Zumba	Chaz 1
11.00 - 11.45	Pilates	Debble 3	18.00 - 19.00	Body Pump	Kelle 1	12.30 - 13.15	Pilates/Yoga	Tom 1
17.30 - 18.15	Aerobics	Kelle 1	19.00 - 20.00	Balance (new time)	Debble 1	17.30 - 18.15	Step Aerobics (new)	Kay 1
18.00 - 19.00	Spin	Theo 4	18.00 - 19.00	High Spin (new time)	Gym 4	18.15 - 19.00	Yogalates (new)	Kay 1
18.00 - 19.00	Hata Yoga	Tom 3	20.00 - 21.00	Boxing Club (£)	Serge 2	18.15 - 19.00	Spin 45 (new)	Gym 4
18.15 - 19.15	Body Pump	Susan 1				19.15 - 20.00	Boxercise	Richard 1
19.00 - 20.00	Kick Boxing (£)	Serge 2						
19.15 - 20.00	Step	Debble 1						
20.00 - 21.00	Boxing Club (£)	Serge 2						

  

Tuesday			Thursday			Saturday		
10.00 - 10.45	Aqua Zumba	Abbie Pool	10.00 - 10.45	Legs, Bums & Tums (new)	Vicki 1	09.15 - 10.00	Morning Aerobics	Kelle 1
12.30 - 13.30	Core Balance	Debble 1	18.00 - 19.00	Circuits	Howard 1	11.00 - 12.00	Physical Fitness (£)	Serge 2
17.30 - 18.00	Spin 30	Gym 4	18.00 - 18.45	Legs, Bums & Tums	Vikki 3	10.15 - 11.15	Body Pump	Kelle 1
17.30 - 18.30	Kombat	Vikki 1	18.00 - 19.00	Spin	Gym 4	11.30 - 12.15	Zumba	Chaz 1
18.30 - 19.15	Zumba	Vicki 1	19.00 - 20.00	Beginners Kombat	Susan 1			
18.15 - 19.15	Spin (NEW)	Monique 4	20.00 - 21.00	Boxing Club (£)	Serge 2			
18.00 - 18.30	*Adult Swim Low Confidence (£)	Pool						
18.30 - 19.00	*Adult Swim Beginners (£)	Pool						
19.15 - 20.00	Abs and Stretch	Vicki 3				09.30 - 10.15	Aqua Aerobics	Geeta Pool
19.15 - 20.15	Circuits	Howard 1						
20.00 - 21.00	Boxing Club (£)	Serge 2						

\*Swimming Lessons begin 9/1/12. Available in 6 week terms, enquire at reception

### Opening Hours

Mon - Thurs	6.30am - 10.30pm
Friday	6.30am - 9.00pm
Saturday & Sun	9.00am - 6.00pm

[www.springhealth.net](http://www.springhealth.net)

Any comments please email: [studio@springhealth.net](mailto:studio@springhealth.net)

### Strength and Tone

Mind and Body

Weight Loss

Cardio

### Spring Health Heathrow

422 Bath Road

Longford, Middlesex UB7 0EB

Tel: 0208 897 6001

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Classes can be booked up to 7 days in advance. Booking is essential.

Instructors reserve the right to refuse entrance to late comers.