

## Class Timetable Autumn 2011

### Monday

<b>10.00 - 10.45</b>	<b>Aerobics</b>	<b>Kellie</b>	1
<b>11.00 - 11.45</b>	<b>Pilates</b>	<b>Debbie</b>	1
<b>17.30 - 18.15</b>	<b>Aerobics</b>	<b>Kellie</b>	1
<b>18.15 - 19.15</b>	<b>Body Pump</b>	<b>Susan</b>	1
<b>18.00 - 19.00</b>	<b>Boxercise</b>	<b>Serge</b>	2
<b>18.00 - 19.00</b>	<b>Hata Yoga</b>	<b>Tom</b>	3
<b>18.00 - 19.00</b>	<b>Spin</b>	<b>Theo</b>	4
<b>19.00 - 20.00</b>	<b>Kick Boxing (£)</b>	<b>Serge</b>	2
<b>19.15 - 20.00</b>	<b>Step</b>	<b>Debbie</b>	1
<b>19.15 - 19.45</b>	<b>Kettlebells</b>	<b>Gym</b>	Gym
<b>19.15 - 20.15</b>	<b>Core Balance</b>	<b>Debbie</b>	3
<b>20.00 - 21.00</b>	<b>Boxing Club (£)</b>	<b>Serge</b>	2

### Tuesday

<b>12.30 - 1.30</b>	<b>Core Balance</b>	<b>Debbie</b>	1
<b>17.30 - 18.00</b>	<b>Spin 30</b>	<b>Gym</b>	4
<b>17.30 - 18.30</b>	<b>Kombat</b>	<b>Theo</b>	1
<b>18.30 - 19.15</b>	<b>Zumba</b>	<b>Vicki</b>	1
<b>18.00 - 19.00</b>	<b>Spin (NEW)</b>	<b>Monique</b>	4
<b>19.15 - 20.00</b>	<b>Abs and Stretch</b>	<b>Vicki</b>	3
<b>19.15 - 20.15</b>	<b>Circuits</b>	<b>Howard</b>	1
<b>20.00 - 21.00</b>	<b>Boxing Club (£)</b>	<b>Serge</b>	2

### 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)

### Wednesday

<b>10.00 - 10.45</b>	<b>Aqua Aerobics</b>	<b>Debbie</b>	Pool
<b>12.30 - 13.00</b>	<b>TRX (New)</b>	<b>Gym</b>	Gym
<b>18.30 - 19.00</b>	<b>TRX (New)</b>	<b>Gym</b>	Gym
<b>18.00 - 19.00</b>	<b>Body Pump</b>	<b>Kellie</b>	1
<b>19.00- 20.00</b>	<b>Functional Circuits</b>	<b>Howard</b>	1
<b>19.00 - 20.00</b>	<b>Kick Boxing (£)</b>	<b>Serge</b>	2
<b>19.15 - 20.15</b>	<b>High Performance Spin</b>	<b>Gym</b>	4
<b>19.15 - 19.45</b>	<b>Kettlebells</b>	<b>Gym</b>	Gym

### Thursday

<b>10.00 - 10.45</b>	<b>Aqua</b>	<b>Amie</b>	1
<b>17.30 - 18.00</b>	<b>TRX (New)</b>	<b>Gym</b>	3
<b>18.00 - 19.00</b>	<b>Circuits</b>	<b>Howard</b>	1
<b>18.00 - 18.45</b>	<b>Legs, Bums &amp; Tums</b>	<b>Tracy</b>	3
<b>18.00 - 19.00</b>	<b>Spin 30</b>	<b>Gym</b>	4
<b>19.00 - 20.00</b>	<b>Kombat</b>	<b>Theo</b>	1

### Strength and Tone

**Mind and Body**

**Weight Loss**

**Cardio**

### Friday

<b>10.00 - 10.45</b>	<b>Legs, Bums &amp; Tums</b>	<b>Kellie</b>	1
<b>11.00 - 11.45</b>	<b>Zumba</b>	<b>Vikki</b>	1
<b>12.30 - 13.15</b>	<b>Pilates/Yoga</b>	<b>Tom</b>	1
<b>17.30 - 18.00</b>	<b>TRX (New)</b>	<b>Gym</b>	3
<b>18.00 - 19.00</b>	<b>KickBoxercise</b>	<b>Serge</b>	2
<b>18.00 - 19.00</b>	<b>Body Pump</b>	<b>Geeta</b>	1

### Saturday

<b>09.15 - 10.00</b>	<b>Morning Aerobics</b>	<b>Vicki</b>	1
<b>11.00 - 12.00</b>	<b>Physical Fitness (£)</b>	<b>Serge</b>	2
<b>10.15 - 11.15</b>	<b>Body Pump</b>	<b>Kellie</b>	1
<b>11.30 - 12.15</b>	<b>Zumba</b>	<b>Chaz</b>	1

### Sunday

<b>9.30 - 10.15</b>	<b>Aqua Aerobics</b>	<b>Geeta</b>	Pool
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### Spring Health Heathrow

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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.