

Aqua-Roma

• L E I S U R E •

www.aquaromaleisure.co.uk

Class Timetable 2011

	Morning	Afternoon / Evening
Monday	Aerobics 9.15-10.15	Eva – Pilates all welcome 18.15 – 19.15
		Lynette Boxercise -7.15-8.15pm
Tuesday		Pilates – Beginners 5.00-6.00 Pilates - Intermediate 6.10 – 7.10 Jos
		Water Fitness 6.30 – 7.10 Lynette
Wednesday	Pilates Advanced 9.15 – 10.15 Jos	Yoga 6.15 – 7.15 Eva
	Pilates- Elementary 10.30 – 11.30 Jos	
Thursday	Abs Circuit 9.30 – 10.00 Lynette	Circuits (TBC 2012)
	Boxercise 10:30-11:30 Lynette	
Friday	Pilates all welcome 9.15 – 10.15 Eva	
	Water Fitness 10.00 – 10.40 Lynette	

Please call to check availability

Eva: 07956 171540

Lynette: 01428 656644

Jos: 01428 722481