

Ardencote Class & Session Timetable



Monday

Time	Class/Session	Instructor/Organiser	Location
08.45-09.45	Advanced Pilates	Jana Szaboova	Dance Studio
10.15-11.45	Yoga	Jane Pope	Dance Studio
16.15-17.00	**Mat Pilates**	Jana Szaboova	Dance Studio
17.15-18.00	**Total Body Mat Workout**	Jana Szaboova	Dance Studio
18.15-19.00	**Body Toning**	Jana Szaboova	Dance Studio
19.00-21.00	Tennis Club Night	Tony Ackerman	Tennis Court 1

Tuesday

09.00-10.00	Aerobocise	Julie Gilbert	Dance Studio
10.30-11.30	Aerobocise	Julie Gilbert	Dance Studio
18.15-19.15	**Boxercise**	Mushtak Dawod	Dance Studio
19:15-20:15	**KettleSize**	Mikey Richmond	Dance Studio

Wednesday

09.15-10.15	Advanced Pilates	Jana Szaboova	Dance Studio
10.30-11.15	Body Toning	Jana Szaboova	Dance Studio
16.15-17.00	**Pilates**	Jana Szaboova	Dance Studio
17.15-18.00	**Total Body Mat Workout**	Jana Szaboova	Dance Studio
18.15-19.00	**Body Toning/Circuits**	Jana Szaboova	Dance Studio
19.00-20.00	**Zumba**	Caron Tromans	Dance studio

Thursday

17.00-17.45	**Total Body Mat Workout**	Jana Szaboova	Dance Studio
18.00-18.45	**Legs, Bums and Tums**	Jana Szaboova	Dance Studio
19.00-19.45	**Pilates**	Jana Szaboova	Dance Studio
19:00-21:00	**Tennis Club Night**	Jack Smith	Tennis Court 2

Friday

09.00-10.00	Aerobocise	Julie Gilbert	Dance Studio
10.30-11.30	Aerobocise	Julie Gilbert	Dance Studio

Saturday

09.00-09.45	**Pilates**	Jana Szaboova	Dance Studio
10.00-11.00	Weekend Workout	Julie Gilbert	Dance Studio
11.30-12.30	**Body Toning**	Jana Szaboova	Dance Studio

Sunday

9:30-10:30	**Boxercise**	Mushtak Dawod	Dance Studio
10:30-11:30	Zumba	Caron Tromans	Dance Studio
18.30-19.30	Children's Dance	Natasha Butler	Dance Studio
19.30-20.30	Adults Dance	Natasha Butler	Dance Studio

****Classes are free for Ardencote Leisure Members only ****

****All free classes require booking through Ardencote Leisure reception. Tel: 01926 843872 Email: leisure@ardencote.com****

****Classes can be booked up to 2 weeks in advance – Max 12 participants per Class****

++A voluntary donation of 50p per session is invited towards the up keep of the ball pool++
All other classes start from £4.00

For more information please visit the class description at www.ardencote.com

Class Timetables are subject to change and classes must have a minimum of 3 participants for the class to take place.