

Whitstable Pool Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLT 09:30 - 10:15	BODY PUMP 09:30 - 10:15	AEROTONE 09:30 - 10:15	BODY COMBAT 09:30 - 10:15	DANCE MIX 09:15 - 10:00	YOGA FOR ALL 09:15 - 10:10	BODY COMBAT 09:15 - 10:00
DAN	CORRINE	AIMEE	ADAM	KEALY	VERONIKA	GABBIE
AQUA 09:30 - 10:15		AQUA 09:30 - 10:15				
CRISTINA		DAN				
BODY PUMP 10:15 - 11:00	PILATES 10:15 - 11:00	BODY BALANCE 10:15 - 11:00	PILATES 10:15 - 11:00	YOGA FLOW 10:15 - 11:10	BODY COMBAT 10:15 - 11:00	BODY BALANCE 10:15 - 11:10
DAN	CORRINE	AIMEE	ADAM	MONICA	ADAM	GABBIE
AQUA 10:30 - 11:15	AQUA 10.30 - 11.15	AQUA 10:30 - 11:15	AQUA 10:30 - 11:15			
JO	LYNESEY	LINZI	JO			
YOGA FOR ALL 11:15 - 12:10				AQUA 11:45 - 12:30	BODY PUMP 11:00 - 11:55	
JESS				LINZI	ADAM	
BODY PUMP 17:30 - 18:15	YOGA FOR ALL 17:30 - 18.25	CIRCUITS 17:30 - 18:15	BODY PUMP 17:30 - 18:15			
LUCY	ANNETTE	LUCY	PIP			
AEROTONE 18:30 - 19:25	BLT 18:30 - 19:15	BODY PUMP 18:30 - 19:15	PILATES 18:30 - 19:15			
LUCY	NICOLE	LUCY	PIP			
AQUA 19:05 - 19:50			DEEP AQUA 19:00 - 19:45			
JO			LYNESEY			
DANCE WORKS 19:30 - 20:15	BODY COMBAT 19:30 - 20:15		BODY BALANCE 19:30 - 20:15			
ELLE	NICOLE		PIP			

Whitstable Sports Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLT 18:30 - 19:15	AEROTONE 18:30 - 19.25	DANCE MIX 18:30 - 19.15	FIGHT CLUB 18:30 - 19.15			
DAN	AIMEE	KEALY	ADAM			
PILATES 19:30 - 20:15	BALANCE 19:30 - 20:15	PILATES 19:15 - 20:15	PILATES FOR ALL 19:15 - 20:00			
PIP	AIMEE	KEALY	ADAM			

- Muscular strength & endurance
- Energetic workouts to burn calories & raise heart rate
- Dance or martial arts
- Combination of energetic workout & muscular strength & endurance
- Strength, core stability, flexibility, relax & energise

These timetables may be subject to change