

Whitstable Pool Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			YOGA FOR ALL 08:30 - 09:25 EMMA	PILATES 08:30 - 09:15 KEALY		
BLT 09:30 - 10:15 DAN	BODY PUMP 09:30 - 10:15 CORRINE	AEROTONE 09:30 - 10:15 AIMEE	BODY COMBAT 09:30 - 10:15 ADAM	DANCE MIX 09:15 - 10:00 KEALY	YOGA FOR ALL 09:15 - 10:10 VERONIKA	BODY COMBAT 09:15 - 10:00 GABBIE
AQUA 09:30 - 10:15 CRISTINA		AQUA 09:30 - 10:15 DAN				
BODY PUMP 10:15 - 11:00 DAN	STEP N TONE 10:30 - 11:15 CORRINE	BODY BALANCE 10:15 - 11:00 AIMEE	BODY PUMP 10:15 - 11:00 ADAM	YOGA FUNDAMENTALS 10:15 - 11:10 MONICA	BODY COMBAT 10:15 - 11:00 ADAM	BODY BALANCE 10:15 - 11:10 GABBIE
AQUA 10:30 - 11:15 JO	AQUA 10:30 - 11:15 LYNSEY	AQUA 10:30 - 11:15 LINZI	AQUA 10:30 - 11:15 JO	AQUA 11:45 - 12:30 LINZI		
YOGA FOR ALL 11:15 - 12:10 JESS	PILATES 11:15 - 12:00 CORRINE		PILATES 11:15 - 12:00 ADAM	YOGA FLOW 11:15 - 12:10 MONICA	BODY PUMP 11:00 - 11:55 ADAM	
YOGA FOR ALL 12:15 - 13:10 JESS	STRETCH N TONE 12:15 - 13:00 CORRINE	ZUMBA GOLD 12:15 - 13:00 KELLY	STRETCH N TONE 12:15 - 13:00 CORRINE	PILATES FOR ALL 12:15 - 13:10 CORRINE		
		LINE DANCING 14:30 - 15:30 LESLEY				
		STRICTLY BALLROOM 15:30 - 16:30 LESLEY				
BODY PUMP 17:30 - 18:15 LUCY	YOGA FOR ALL 17:30 - 18:25 ANNETTE	CIRCUITS 17:30 - 18:15 LUCY	BODY PUMP 17:30 - 18:15 PIP	PILATES 17:30 - 18:15 PIP		
STEP & TONE 18:30 - 19:25 LUCY	BLT 18:30 - 19:15 NICOLE	BODY PUMP 18:30 - 19:15 LUCY	PILATES 18:30 - 19:15 PIP	DANCE MIX 18:15 - 19:00 PIP		
AQUA 19:05 - 19:50 JO			DEEP AQUA 19:00 - 19:45 LYNESEY			
DANCE WORKS 19:30 - 20:15 ELLE	BODY PUMP 19:15 - 20:00 NICOLE	YOGA FLOW 19:30 - 20:25 JESS	BODY BALANCE 19:15 - 20:00 PIP			

Whitstable Sports Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLT 18:30 - 19:15 DAN	AEROTONE 18:30 - 19:25 AIMEE	DANCE MIX 18:30 - 19:15 KEALY	FIGHT CLUB 18:30 - 19:15 ADAM			
PILATES 19:30 - 20:15 PIP	BALANCE 19:30 - 20:15 AIMEE	PILATES 19:15 - 20:00 KEALY	PILATES 19:15 - 20:00 ADAM			

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

These timetables may be subject to change