



The Fairlawns Club

February Class Schedule

MONDAY			9.30 – 10.30 POWER HOUR	10.30 – 11.15 PUSH & LIFT	11.30-12.15 STRETCH		12.30-1.00 AQUA SPLASH	1.00-2.00 CORE CONDITION	5.00-6.00 CIRCUIT STUDIO		6.00-6.30 ABS BLAST	6.30-7.15 AEROTONE	7.00 – 8.00 CIRCUIT GYM
TUESDAY			9.30 – 10.30 3 IN 1 COMBO SAM	10.30-11.30 CORE CONDITION SAM	11.30-12.30 YOGA ELAINE		1.00-2.00 3 IN 1 COMBO	2.00-3.00 CORE CONDITION	5.00-6.00 CIRCUIT GYM		6.00-6.45 CORE CONDITION	6.45-7.30 AERO TONE	
WEDNESDAY	9.15-10.15 ZUMBA RACHEL £2.00Charge		9.30-10.15 CIRCUIT GYM	10.15 – 11.00 STRETCH	11.00-12.00 FITNESS PILATES DIANE		12.30-1.00 AQUA SPLASH	4.00-4.45 STRETCH	5.00-6.00 CIRCUIT STUDIO		6.00-7.00 BOOT CAMP		
THURSDAY			9.30-10.30 STEP 'N' SCULPT ANNIE	10.30-11.30 CORE CONDITION ANNIE	11.30-12.15 STRETCH & TONE		1.00-2.00 FITNESS PILATES DIANE	4.00-4.45 CORE CONDITION	5.00-6.00 CIRCUIT GYM		6.00-7.00 YOGA ELAINE	7.00-8.00 BOXERCISE DEAN	
FRIDAY			9.30 - 10.30 3 IN 1 COMBO	10.30-11.30 AERO TONE	11.30-12.15 STRETCH		12.30-1.00 AQUA SPLASH		5.00-6.00 3 IN 1 COMBO				
SATURDAY			10.30-11.30 CARDIO BLAST DIANE					2.00-3.00 AERO TONE					
SUNDAY	9.00-9.30 BUMS & TUMS		10.30-11.30 POWER HOUR					2.00-3.00 3 IN 1 COMBO					

The Class Schedule may be subject to change at short notice at the discretion of the management.

All classes are to booked at the club reception