

INTERIM CHANGES TO BODYWORK PROGRAMME BEFORE RE-PRINT:

From Sunday, 4th December, 2011 the following classes will be cancelled:

Monday **12.15 Pump Fx**
Wednesday **12.15 Body X Core**
Thursday **12.15 Pump Fx**

The following classes are not changing in content but are having a name change:

Monday

Core Body Balance 10.30 – 11.30 Change of name to **Core Conditioning**
Body Blaze 19.00 – 20.00 Change of name to **Body Blast**

Wednesday

NRG Workout 19.15 – 20.15 Change of name to **Pump FX**

Friday

Legs, Bums & Tums 09.30 – 10.30 Change of name to **Body Conditioning**

Sunday

Core Conditioning 09.30 – 10.15 Change of name to **Pilates**

The following new classes will run for a trial period from Monday, 5th December:

Wednesday **19.00-20.00 Circuits**
Thursday **19.00-20.00 Pump Fx**
Sunday **08.30-09.25 Pump Fx**

From Thursday 5th January, an additional slower Pedal X class will be added:

Thursday **09.00-09.45 Pedal X (at a slower pace)**

From Friday 6th January, an additional Zumba® Class will be added:

Friday **18.30 - 19.30 Zumba®**

From Friday 6th January, the Pedal X early morning class will start 5 mins later:

Friday **07.05 - 07.50 Pedal X**

From Tuesday 10th January, an additional Yoga class will be added:

Tuesday **10.30-12.00 Yoga**

From Thursday 9th February, a new class will be added:

Thursday **20.00 – 21.00 Kettlercise™**