



# CHRISTMAS & NEW YEAR 2011 CLASS TIMETABLE



## WEEK ONE

### MONDAY 19TH DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Body Conditioning	Studio 1	All	Josie
B 1030-1115	Spin ***	Spin Studio	All	Stewart
B 1130-1215	Aqua	Pool	All	Alice
B 1150-1235	Zumba	Studio 1	All	Becky
1240-1325	Tai Chi	Studio 1	All	Don
1725-1755	Fab Abs Blast	Studio 2	All	Lisa
1800-1845	Step	Studio 1	Int	Leroy
B 1800-1840	Spin ***	Spin Studio	Int	Phil
B 1845-1925	Zumba	Studio 1	All	Lucia
B 1845-1920	Spin ***	Spin Studio	Int	Phil
B 1930-2015	Aqua	Pool	All	Josie
1935-2030	Pump FX ***	Studio 1	Int	Emma

### TUESDAY 20TH DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
B 0915-1010	Pilates Mat Work	Studio 1	All	Karen
0930-1000	Abs Blast	Studio 2	All	Lisa
B 1015-1100	Aqua	Pool	All	Karen
B 1015-1100	Spin ***	Spin Studio	All	Alice
1015-1115	Body Sculpt	Studio 1	All	Ant
B 1115-1200	Aqua	Pool	All	Alice
1130-1215	Salsacise	Studio 1	All	Dawn
B 1245-1330	Pilates Mat Work	Studio 1	All	Liz
B 1725-1815	Zumba	Studio 1	All	Don
B 1745-1840	Pilates	Studio 2	All	Ruth
1815-1915	Body Conditioning	Studio 1	Int	Tim
B 1845-1930	Legs, Bums & Tums	Studio 2	All	Niki
1915-2000	Salsacise	Studio 1	All	Dawn
B 1930-2015	Legs, Bums & Tums	Studio 2	All	Niki
B 2000-2045	Spin ***	Spin Studio	All	Sarah
2000-2100	Bootcamp	Studio 1	Int/Ad	Steve

### WEDNESDAY 21ST DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
B 0930-1015	Aqua	Pool	All	Niki
B 0930-1015	Zumba	Studio 1	All	Alice
1030-1115	Body Conditioning	Studio 1	All	Niki
B 1030-1115	Spin ***	Spin Studio	All	Alice
1120-1205	Low & Tone	Studio 1	All	Jenny
1125-1155	Fab Abs	Studio 2	All	Carl

### WEDNESDAY 22ND DECEMBER CONTINUED

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
1215-1300	Pump FX ***	Studio 1	All	Alice
B 1730-1810	Powerbag Circuit	Studio 2	Int	Carl
1745-1915	Yoga & Relax	Studio 1	All	Elaine
B 1815-1900	Body Sculpt	Studio 2	All	Dawn
B 1815-1900	Spin ***	Spin Studio	All	Emma
1900-2000	Thai Boxing	Studio 2	All	Matt
B 1915-2000	Spin ***	Spin Studio	All	Emma
B 1915-2000	Aqua	Pool	All	Stewart
1920-2050	Yoga & Relax	Studio 1	All	Elaine
2000-2030	Abs Blast	Studio 2	All	Emma

### THURSDAY 22ND DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
0920-1005	Total Tone	Studio 2	All	Lauren
B 0945-1030	Pilates Mat Work	Studio 1	All	Liz
B 1015-1100	Aqua	Pool	All	Karen
B 1015-1055	Spin ***	Spin Studio	All	Lauren
1115-1200	Body Conditioning	Studio 1	All	Karen
B 1115-1200	Aqua	Pool	All	Sarah
1230-1345	Yoga & Relax	Studio 1	All	Tricia
1800-1900	Boxercise	Studio 1	Int	Chris
B 1900-1945	Spin ***	Spin Studio	All	Carolyn
1900-2000	Bootcamp	Studio 1	Int/Ad	Steve
B 2000-2040	Power Bag Circuit	Studio 2	All	Carl
2000-2130	Yoga & Relax	Studio 1	All	Tricia

### FRIDAY 23RD DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
B 0700-0745	Spin***	Spin Studio	All	Steve
0930-1015	Body Sculpt	Studio 1	All	Dawn
B 1030-1115	Aqua	Pool	All	Suzanne
B 1030-1115	Zumba	Studio 1	All	Dawn
1130-1215	Low & Tone	Studio 1	All	Dawn
B 1215-1300	Pilates	Studio 1	All	Suzanne
1745-1815	Abs	Studio 1	All	Anthony
B 1810-1850	Spin***	Spin Studio	All	Carolyn
1815-1900	Combat Bootcamp	Studio 1	All	Anthony

We at The Galleon Leisure Club  
would like to wish you all  
a Merry Christmas & a Happy New Year!



# CHRISTMAS & NEW YEAR 2011 CLASS TIMETABLE



## WEEK TWO

### SATURDAY 24TH DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
B 0930-1015	Spin ***	Spin Studio	All	Stewart
1030-1115	Body Sculpt	Studio 1	All	Lisa

### SUNDAY 25TH DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
NO CLASSES				

### MONDAY 26TH DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
NO CLASSES				

### TUESDAY 27TH DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
1015-1115	Body Sculpt	Studio 1	All	Anthony
B 1030-1115	Aqua	Pool	All	Dawn
1130-1215	Salsacise	Studio 1	All	Dawn
B 1725-1815	Zumba	Studio 1	All	Don
B 1745-1840	Pilates	Studio 2	All	Ruth

### WEDNESDAY 28TH DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
B 0930-1015	Zumba	Studio 1	All	Alice
B 1030-1115	Spin ***	Spin Studio	All	Alice
1120-1205	Low & Tone	Studio 1	All	Alice
1125-1155	Fab Abs	Studio 2	All	Carl
1215-1300	Pump FX	Studio 1	All	Alice
B 1730-1810	Power Bag Circuit	Studio 2	All	Carl
1745-1915	Yoga & Relax	Studio 1	All	Elaine
B 1815-1900	Body Sculpt	Studio 2	All	Dawn
B 1815-1900	Spin ***	Spin Studio	All	Stewart
B 1915-2000	Aqua	Pool	All	Stewart

### THURSDAY 29TH DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
0920-1005	Total Tone	Studio 2	All	Lauren
B 0945-1030	Pilates Mat Work	Studio 1	All	Liz
B 1015-1100	Aqua	Pool	All	Stewart

### THURSDAY 29TH DECEMBER CONTINUED

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
B 1015-1055	Spin ***	Spin Studio	All	Lauren
1800-1900	Boxercise	Studio 1	All	Chris
B 1900-1945	Spin ***	Spin Studio	All	Carolyn
1900-2000	Bootcamp	Studio 1	All	Steve
B 2000-2040	Power Bag Circuit	Studio 2	All	Carl

### FRIDAY 30TH DECEMBER

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Body Sculpt	Studio 1	All	Dawn
B 1030-1115	Zumba	Studio 1	All	Dawn
1130-1215	Low & Tone	Studio 1	All	Dawn
1745-1815	Abs	Studio 2	All	Anthony
B 1810-1850	Spin ***	Spin Studio	All	Carolyn
1815-1900	Combat Bootcamp	Studio 1	All	Anthony
1905-1945	Pump FX ***	Studio 1	All	Natalie

### SATURDAY 31ST JANUARY

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
B 0930-1015	Spin ***	Spin Studio	All	Steve
1030-1115	Body Sculpt	Studio 1	All	Carl

### SUNDAY 1ST JANUARY

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
NO CLASSES				

### MONDAY 2ND JANUARY (BANK HOLIDAY)

TIME	ACTIVITY	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Body Sculpt	Studio 1	All	Steve
B 1030-1115	Spin ***	Spin Studio	All	Carl
B 1150-1235	Zumba	Studio 1	All	Don
1240-1325	Tai Chi	Studio 1	All	Don
B 1800-1840	Spin	Spin Studio	All	Alice
B 1845-1930	Zumba	Studio 1	All	Alice
1935-2030	Pump FX ***	Studio 1	All	Emma

**B:** Please book at reception to attend this class

**\*\*\*** Please arrive at this class 5 minutes prior to its start time for preparation and equipment set-up.

**THE NEW TIMETABLE WILL START ON MONDAY 9TH JANUARY 2011**