



Ardencote Class & Session Timetable

Monday

| Time | Class/Session | Instructor/Organiser | Location |
|-------------|-----------------------------------|----------------------|----------------|
| 09.00-10.00 | Pilates | Jana Szaboova | Dance Studio |
| 10.00-11.00 | Gyrokinesis | Judy Herbert | Dance Studio |
| 11.15-12.45 | Yoga | Jane Pope | Dance Studio |
| 17.00-17.45 | **Total Body Mat Workout** | Jana Szaboova | Dance Studio |
| 18.30-19.30 | **Body Toning** | Jana Szaboova | Dance Studio |
| 19.00-21.00 | Tennis Club Night | Tony Ackerman | Tennis Court 1 |

Tuesday

| | | | |
|-------------|---|--|----------------|
| 09.00-10.00 | Aerobocise | Julie Gilbert | Dance Studio |
| 10.30-11.30 | Aerobocise | Julie Gilbert | Dance Studio |
| 18.30-19.15 | **Kettlesize** | Dan/Jack/Jana | Dance Studio |
| 20.00-21.00 | Swing and Salsa Class | Natasha Butler | Dance Studio |
| 20.00-21.00 | ++Volley Challenge 21s++ (max 8 places) | Bruce Hayball bruce.hayball@hotmail.co.uk | Tennis Court 1 |

Wednesday

| | | | |
|-------------|-----------------------------------|---------------|--------------|
| 10.00-11.00 | Zumba | Gina Francis | Dance Studio |
| 17.00-17.45 | **Total Body Mat Workout** | Jana Szaboova | Dance Studio |
| 18.30-19.20 | **Body Toning** | Jana Szaboova | Dance Studio |

Thursday

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|-------------|--|----------------|--------------|
| 10.30-11.30 | Pilates | Judy Herbert | Dance Studio |
| 15.45-16.30 | Children's Ballroom /Latin (max 6 places) | Natasha Butler | Dance Studio |
| 18.00-18.45 | **Legs, Bums and Tums** | Jana Szaboova | Dance Studio |
| 19.00-20.00 | **Pilates** | Jana Szaboova | Dance Studio |

Friday

| | | | |
|-------------|------------------------|---------------|--------------|
| 09.00-10.00 | Aerobocise | Julie Gilbert | Dance Studio |
| 10.30-11.30 | Aerobocise | Julie Gilbert | Dance Studio |
| 18.00-19.00 | Kick Boxing & Circuits | Ian Hart | Dance Studio |

Saturday

| | | | |
|-------------|---------------------------------------|----------------|--------------|
| 09.00-9.45 | 11 Years plus Ballroom/Latin Class | Natasha Butler | Dance Studio |
| 10.00-11.00 | Weekend Workout | Julie Gilbert | Dance Studio |
| 11.30-12.30 | **Body Toning** | Jana Szaboova | Dance Studio |
| 15.00-16.00 | **Basic Mat Pilates** | Jana Szaboova | Dance Studio |

Sunday

| | | | |
|---------------|-----------------------------|---------------|--------------|
| 12.15-13.15pm | **Circuit Training** | Dan/Jack/Jana | Dance Studio |
|---------------|-----------------------------|---------------|--------------|

****Classes are free for Leisure Club Members/Spa Guests****

++A voluntary donation of 50p per session is invited towards the up keep of the ball pool++
All other classes start from £5.00

For more information please visit the class description at www.ardencote.com
Class Timetables are subject to change and classes must have a minimum of 3 participants for the class to take place.
Please contact the Leisure Club direct on 01926 843872