

**DRAFT PROPOSED NEW CLASS TIMETABLE  
FROM W/C 6<sup>TH</sup> SEPTEMBER**

<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>VENUE</b>	<b>COST</b>
<b>MON</b>	10-11AM	ZUMBA	ST AIDENS CHURCH, CHERRY LANE.	£4 A CLASS
	615-7PM	BODY SHOCK WORKOUT		£4 A CLASS
	710-810PM	ZUMBA	OAKFIELD METHODIST CHURCH	£4 A CLASS
	815-9PM	LITTLE BLACK DRESS CLUB	OAKFIELD METHODIST CHURCH	£35 FOR 6 WEEKS (
<b>TUES</b>	10-11AM	ZUMBA (STARTS 12 <sup>TH</sup> SEPT)	ST JOHN CHRYSOTOMS	£4 A CLASS
	6-7PM	ZUMBA (STARTS 12 <sup>TH</sup> SEPT)	OAKFIELD METHODIST	£4 A CLASS
	710-810PM	FITNESS PILATES (STARTS 12 <sup>TH</sup> SEPT)	OAKFIELD METHODIST	£30 FOR 6 WEEKS
<b>WED</b>	10-10:45AM	BODY SHOCK WORKOUT	ST AIDENS CHURCH, CHERRY LANE	£4 A CLASS
<b>THURS</b>	10-1045AM	BODY SHOCK WORKOUT	ST JOHYN CHRYSOTOMS	£4 A CLASS
	615-7PM	LITTLE BLACK DRESS CLUB	ST JOHN CHRYSOTOMS	£35 FOR 6 WEEKS
	710-810PM	ZUMBA	ST JOHN CHRYSOTOMS	£4 A CLASS
	815-9PM	BODY SHOCK WORKOUT	ST JOHN CHRYSOTOMS	£4 A CLASS
<b>FRI</b>	10-11AM	FITNESS PILATES COURSE	ST JOHN CHRYSOTOMS	£30 FOR 6 WEEKS

**BODY SHOCK WORKOUT** – SHOCKS YOUR BODY BY GIVING IT WHAT IT NEEDS TO BURN FAT & CHANGE SHAPE....GETTING YOU SOME AMAZING RESULTS & A SERIOUSLY HOT BOD BY USING SIMPLE CHOREOGRAPHY AND INTENSE EXERCISES. BE PREPARED TO SWEAT!!!

**LITTLE BLACK DRESS CLUB** – EXCLUSIVE CLUB THAT WILL HELP YOU FIT INTO YOUR LBD FOR THE PARTY SEASON & GIVE YOU THE CONFIDENCE TO THROW AWAY THOSE SPANDEX PANTS (MUST BE BOOKED IN ADVANCE...AS LIMITED PLACES ON THIS COURSE)

**FITNESS PILATES** – HELPS YOU FEEL GOOD FROM THE INSIDE OUT, DISTRESS AND ABOVE ALL GET A BUTT LIKE PIPPA MIDDLETON - HEY IF ITS GOOD ENOUGH FOR ROYALTY. (MUST BE BOOKED IN ADVANCE...AS LIMITED PLACES ON THIS COURSE)