



The Beach Club

HEALTH AND FITNESS

Please arrive for your class 5 minutes prior to start.
Please book and pay for your class one week in advance.

Please wear appropriate clothing.

Please ring the Beach Club for further information.

Day	Time	Class	Location	Instructor
Monday	09.30 - 10.30	AQUA AEROBICS	POOL	VICKI
	11.30 - 13.00	HATHA YOGA	STUDIO	LINDA
	18.30 - 19.30	BOXERCISE	STUDI	STEVE
	19.30 - 20.30	ASTANGA YOGA	STUDIO	STEPHANIE
Tuesday	09.30 - 10.30	AQUA AEROBICS	POOL	TRACEY
	09.30 - 10.30	HATHA YOGA	STUDIO	LINDA
	19.30 - 20.00	CAPOEIRA	STUDIO	BEN
Wednesday	09.30 - 10.30	WAKE UP...WORK OUT	STUDIO	TOM
	18.30-19.30	BOXERCISE	STUDIO	STEVE
	19.30-21.00	HATHA YOGA	STUDIO	LINDA
Thursday	18.00 - 19.00	AQUA AEROBICS	POOL	TRACEY
	19.00-21.00	WING CHUN	STUDIO	DOUGIE
Friday	09.30 - 10.30	AQUA AEROBICS	POOL	VICKI
	18.30 - 19.30	ZUMBA	STUDIO	GILL
	19.30 - 20.30	ZUMBA	STUDIO	GILL
TABLE TENNIS	MON-SUN	PLEASE BOOK AROUND CLASS TIMES	STUDIO	
15 MINUTE BLAST	MON-SUN	DEPENDANT ON AVAILABILITY OF THE GYM INSTRUCTOR AND STUDIO.	STUDIO	