

## Whitstable Pool Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLT 09:15 - 10:00 DAN	BODY PUMP 09:15 - 10:00 CORRINE	AEROTONE 09:15 - 10:00 AIMEE	BODY COMBAT 09:15 - 10:00 ADAM	DANCE MIX 09:15 - 10:00 KEALY	YOGA FOR ALL 09:15 - 10:10 VERONIKA	BODY COMBAT 09:15 - 10:00 GABBIE
AQUA 09:30 - 10:15 CRISTINA		AQUA 09:30 - 10:15 DAN				
BODY PUMP 10:15 - 11:00 DAN	PILATES 10:15 - 11:00 CORRINE	BODY BALANCE 10:15 - 11:00 AIMEE	PILATES 10:15 - 11:00 ADAM	YOGA FLOW 10:15 - 11:10 MONICA	BODY COMBAT 10:15 - 11:00 ADAM	BODY BALANCE 10:15 - 11:10 GABBIE
AQUA 10:30 - 11:15 JO	AQUA 10:30 - 11:15 LYNESEY	AQUA 10:30 - 11:15 LINZI	AQUA 10:30 - 11:15 JO			
YOGA FOR ALL 11:15 - 12:10 JESS				AQUA 11:45 - 12:30 LINZI	BODY PUMP 11:00 - 11:55 ADAM	
BODY PUMP 17:30 - 18:15 LUCY	YOGA FOR ALL 17:30 - 18:25 ANNETTE	CIRCUITS 17:30 - 18:15 LUCY	BODY PUMP 17:30 - 18:15 PIP			
AEROTONE 18:30 - 19:25 LUCY	BLT 18:30 - 19:15 NICOLE	BODY PUMP 18:30 - 19:15 LUCY	PILATES 18:30 - 19:15 PIP			
AQUA 19:05 - 19:50 JO			DEEP AQUA 19:00 - 19:45 LYNESEY			
DANCE WORKS 19:30 - 20:15 ELLE	BODY COMBAT 19:30 - 20:15 NICOLE		BODY BALANCE 19:30 - 20:15 PIP			

## Whitstable Sports Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLT 18:30 - 19:15 DAN	AEROTONE 18:30 - 19:25 AIMEE	DANCE MIX 18:30 - 19:15 KEALY	FIGHT CLUB 18:30 - 19:15 ADAM			
PILATES 19:30 - 20:15 PIP	BALANCE 19:30 - 20:15 AIMEE	PILATES 19:15 - 20:15 KEALY	ABS CORE & MORE 19:30 - 20:15 ADAM			

Muscular strength & endurance

Energetic workouts to burn calories & raise heart rate

Dance or martial arts

Combination of energetic workout & muscular strength & endurance

Strength, core stability, flexibility, relax & energise

*These timetables may be subject to change*