



The Crown Hotel Leisure Club

Activity Timetable Winter 2010



Day	Time	Taken By	Activity	Location
Monday	9.15am-10.15am 10.30am-11.00am 10.30am-11.15am 7.00pm-7.45pm	Clare Natasha Fitness Instructor Fitness Instructor	Fit Mix Pilates Aqua jogging Circuits	Court 1 Court 1 Pool Court 1
Tuesday	9.15am -10.00am 10.15am-11.00am 7.00pm-7.45pm	Clare Clare Fitness Instructor	Freestyle Fitness Yoga (6Wk Course) 50+ Aqua jogging	Court 1 Court 1 Pool
Wednesday	9.15am-10.00am 10.30am - 11:00am 7.00pm-7.45pm	Fitness Instructor Fitness Instructor Fitness Instructor	Circuits Aqua jogging Circuits	Court 1 Pool Court 1
Thursday	6.45pm-7.30pm	Linsey	Pilates	Court 1
Friday	9.15am – 10.00am 10:30am - 11:00am	Clare Fitness Instructor	Bums Legs & Tums Aqua jogging	Court 1 Pool
Saturday	10:30am - 12:00pm	Members Of Leisure Team	Kids Club	Pool

We request that members book or cancel classes **24hrs** in advance, as they have minimum & maximum running numbers.. Please arrive in plenty of time as you may not take part in any class if you miss the warm up. To book call 01228 564272 or see a member of staff at reception. The leisure club reserve the right to cancel classes without prior notice.