

# New Timetable – Commencing 6 November 2017

## Cave Castle Health Club

### Class Timetable

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday	09.30 – 11.00	Yoga	Linda	1/2/3
	11.15 – 12.15	Zumba	Sharon	1/2/3
	12.15 – 13.15	Pilates	Sharon	1/2/3
	12.30 – 13.15	<b>Aquatic</b>	* Barbara	1/2/3
	14.00 – 15.00	Body Blast	Gill	1/2/3
	17.45 – 18.30	Metafit	Gill	1/2/3
	18.30 – 19.15	HIIT Circuit	Gill	1/2/3
Tuesday	10.00 – 11.00	B.Bar Fit	Joanna	1/2/3
	11.00 – 11.45	B.Bar Stretch	Joanna	1/2/3
	12.00 – 12.45	<b>Aquatic Stretch &amp; Tone</b>	Jenny	1/2/3
	17.45 – 18.45	Pilates	Jenny	1/2/3
	18.45 – 19.30	Power Hooping	Jenny	1/2/3
	19.30 – 20.30	Pilates	Jenny	1/2/3
Wednesday	10.00 – 11.00	Body Conditioning	Amanda	1/2/3
	11.00 – 12.00	Pilates	Jenny	1/2/3
	17.30 – 18.30	Yoga	Linda	1/2/3
	18.30 – 19.15	Metafit	Gill	1/2/3
	19.15 – 20.00	HIIT Circuit	Gill	1/2/3
Thursday	09.30 – 10.30	Body Conditioning	Amanda	1/2/3
	10.30 – 11.00	Metafit	Gill	1/2/3
	11.00 – 12.00	Body Blast	Gill	1/2/3
	12.00 – 13.00	Stretch, Tone & Relax	Gill	1/2/3
	13.15 – 14.00	<b>Aquatic</b>	* Barbara	1/2/3
	17.45 – 18.30	B.Barre Fit	Joanna	1/2/3
	18.00 – 19.00	Zumba	Lauren	1/2/3
Friday	09.30 – 10.15	<b>Aquatic</b>	* Barbara	1/2/3
	09.30 – 10.30	Aerobics	Sharon	1/2/3
	10.30 – 11.30	Pilates	Sharon	1/2/3
	17.30 – 18.30	Pilates	Val	1/2/3
Saturday	08.15 – 09.00	Metafit	Laura	1/2/3
	09.00 – 10.00	Zumba	Sharon	1/2/3

**\*No Swimming during this Class Time**

**Please note, any class with less than three person booked, will be cancelled. Class timetable may have changed from time of printing.**

# Cave Castle Health Club Children's Swimming Times

		<b>Please Note</b>
Monday	09.00 – 11.00	<b>Swimming Lessons</b>
Tuesday	15.30 – 17.00	15.45 – 17.30
Wednesday	15.30 – 17.00	15.45 – 17.30
Thursday	15.30 – 17.00	15.45 – 17.30
Friday	15.30 – 17.00	15.45 – 17.30
Saturday	12.00 – 15.00	
Sunday	09.00 – 12.00	

**0-4yrs – Free, 4-16yrs £2.50 per Session**  
**Alternatively Child Swim Passes are available, 10 Sessions for £20**

## Swimming Lesson Information

Only available for Member's Children  
Average of 12 Week Course  
Half an Hour Lesson per Week  
£96.00 per Child

Levels	1	-	Max of 2 per Class
Levels	2,3 & 4	-	Max of 4 per Class
Levels	5, 6 & 7	-	Max of 6 per Class

Our Instructor is in the pool with Levels 1-6 throughout their lessons and maybe poolside for Levels 6 & 7 if applicable.

**Health Club Direct Tel No:**  
**01430 426297**