

Classes Timetable

SIR BEN AINSLIE
**SPORTS
CENTRE**



<u>DAY</u>	<u>CLASS</u>	<u>TIME</u>	<u>INSTRUCTOR</u>
Monday	Circuits	1800 – 1855	Martin
	Zumba	1900 – 1945	Cat
	Boxercise	1950 – 2045	Martin
Tuesday	Pilates	1800 – 1855	Anna
	Pump	1900 – 1955	Amy
Wednesday	Body Blast	1800 – 1850	Kristi
	Core Conditioning	1855 – 1945	Kristi
	Group Cycling	2000 – 2045	Martin
Thursday	Pump	1800 – 1855	Amy
	Group Cycling	1910 – 1955	Amy
Saturday	Group cycling	0915 – 1000	Martin

Class prices

General classes £5 per class **Free** (Gold members)

- We recommend that all participants book classes in advance to avoid disappointment.
- Participants can book classes up to 7 days in advance
- Please arrive 5 minutes before the scheduled start of the class. Late arrivals may be refused entry.
- If you are a new participant please inform the instructor prior to the start of the class.
- **Cancellations:** We operate a '1 day' cancellation policy. Bookings cancelled with 1 day's notice** can be rearranged, or refunded. Any booking cancelled on the day will not be eligible for any refund or transfer.
**** Cancellations must be made by the close of business the day before.**



**TRURO
SCHOOL**



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