

# Classes Timetable

SIR BEN AINSLIE  
SPORTS  
CENTRE



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

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## Class prices

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

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- 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



Truro School, Trennick Lane, Truro TR1 1TH  
email: [sport@truroschoo.com](mailto:sport@truroschoo.com)  
[www.sirbenainsliesportscentre.com](http://www.sirbenainsliesportscentre.com) tel: 01872 246050

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