

Adult Classes

Winter 2009 - 10



Monday	Circuit Training*	6.00pm – 7.00pm
	Zubaidah Arabic Dancing	6.30pm - 7.30pm
	Zubaidah Arabic Dancing	7.30pm-8.30pm
Tuesday	Yoga*	5.15pm-6.45pm
	Zubaidah Arabic Dancing	8.00pm - 9.00pm
Wednesday	Karate	6.00pm-7.00pm
Thursday	Absolute (Ab Class)*	7.15pm – 7.45pm
	Boxercise	6.00pm- 7.00pm
	Zubaidah Arabic Dancing	7.30pm-8.30pm
Friday	Karate	5.00pm-6.00pm

NB * Denotes classes run by the centre which can be attended **for free** as part of an annual or monthly direct debit fitness membership