

Exercise4U Classes

Class	Level	Venue	Max No	Instructor	Day	Start Time	Duration (mins)	Advance Bookings?
Cross training	Advanced	Gym	20	Jeff	Monday	19:00	60	Y
Gymnastics	Beginner	Sports Hall	32	Debbie	Monday	19:00	60	Y
Gymnastics	Advanced	Sports Hall	32	Debbie	Monday	20:00	60	Y
Hooptone	Beginner	Sports Hall	20	Fiona	Monday	10:00	45	Y
Judo	Beginner	Sports Hall	30	Fred	Monday	21:00	60	Y
Tumble Tots	Under 3's only	Sports Hall	20	Jemima	Monday	11:00	90	N
Basketball	All levels	Sports Hall	30	Paul	Monday	18:00	60	Y
Badminton	50+	Sports Hall	20	Roger	Monday	14:00	60	NA
Hardcore Parkour	Advanced	Sports Hall	20	Ash	Tuesday	18:00	60	Y
Badminton	Club Members Only	Sports Hall	20	Club	Tuesday	20:00	120	NA
Judo	Advanced	Sports Hall	30	Fred	Tuesday	19:00	60	Y
Tea Dance	50+	Sports Hall	30	Rodrigo	Tuesday	14:00	90	N
Judo	Club Members Only	Sports Hall	30	Club	Wednesday	21:00	90	NA
Badminton	Beginner	Sports Hall	20	Emma	Wednesday	20:00	60	Y
Fencing	Beginner	Sports Hall	25	Miranda	Wednesday	18:00	60	Y
Fencing	Advanced	Sports Hall	25	Miranda	Wednesday	19:00	60	Y
Gymnastics	Club Members Only	Sports Hall	32	Club	Thursday	20:00	120	NA
Kickboxing	Club Members Only	Sports Hall	30	Club	Thursday	19:00	60	NA
Badminton	Advanced	Sports Hall	20	Emma	Friday	19:00	60	Y
Circuit Training	Advanced	Sports Hall	40	Jeff	Friday	18:00	60	Y
Karate	Beginner	Sports Hall	30	Tom	Friday	20:00	60	Y
Karate	Advanced	Sports Hall	30	Tom	Friday	21:00	60	Y
Netball	Club Members Only	Sports Hall	30	Club	Saturday	18:00	120	NA
Rollerdance	All levels	Sports Hall	26	Debbie	Saturday	15:00	90	Y
Trampolining	All levels	Sports Hall	30	Dom	Saturday	11:00	90	Y
Tai Chai Chuan	Beginner	Sports Hall	40	Tom	Saturday	14:00	60	Y
Sumo wrestling	Club Members Only	Sports Hall	30	Yin	Saturday	09:00	120	NA
Fencing	Club Members Only	Sports Hall	25	Club	Sunday	11:00	120	NA
Taekwondo	Club Members Only	Sports Hall	30	Jai	Sunday	09:00	120	NA

Class	Level	Venue	Max No	Instructor	Day	Start Time	Duration (mins)	Advance Bookings?
Zumba	Beginner	Sports Hall	35	Rodrigo		18:00	60	Y
Kendo	Club Members Only	Squash Courts	12	Club	Monday	19:00	60	NA
Squash	Beginner	Squash Courts	14	Philip	Wednesday	19:00	60	Y
Squash	Advanced	Squash Courts	14	Philip	Saturday	11:00	90	Y
Squash	Club Members Only	Squash Courts	14	Club	Sunday	11:00	120	NA

Cost
£4.00
£3.50
£3.50
£3.50
£3.50
£2.00
£5.00
£2.00
£4.00
£4.00
£2.00
£3.50
£5.00
£5.00
£4.00
£3.50
£3.50
£4.00
£5.00
£3.50
£3.50

Cost
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£4.00