

Exercise4U Classes

Class	Level	Venue	Max No	Instructor	Day	Start Time	Duration (mins)	Advance Bookings?	Cost
Cross training	Advanced	Gym	20	Jeff	Monday	19:00	60	Y	£4.00
Gymnastics	Beginner	Sports Hall	32	Debbie	Monday	19:00	60	Y	£3.50
Gymnastics	Advanced	Sports Hall	32	Debbie	Monday	20:00	60	Y	£3.50
Hooptone	Beginner	Sports Hall	20	Fiona	Monday	10:00	45	Y	£3.50
Judo	Beginner	Sports Hall	30	Fred	Monday	21:00	60	Y	£3.50
Tumble Tots	Under 3's only	Sports Hall	20	Jemima	Monday	11:00	90	N	£2.00
Basketball	All levels	Sports Hall	30	Paul	Monday	18:00	60	Y	£5.00
Badminton	50+	Sports Hall	20	Roger	Monday	14:00	60	NA	£2.00
Hardcore Parkour	Advanced	Sports Hall	20	Ash	Tuesday	18:00	60	Y	£4.00
Badminton	Club Members Only	Sports Hall	20	Club	Tuesday	20:00	120	NA	
Judo	Advanced	Sports Hall	30	Fred	Tuesday	19:00	60	Y	£4.00
Tea Dance	50+	Sports Hall	30	Rodrigo	Tuesday	14:00	90	N	£2.00
Judo	Club Members Only	Sports Hall	30	Club	Wednesday	21:00	90	NA	
Badminton	Beginner	Sports Hall	20	Emma	Wednesday	20:00	60	Y	£3.50
Fencing	Beginner	Sports Hall	25	Miranda	Wednesday	18:00	60	Y	£5.00
Fencing	Advanced	Sports Hall	25	Miranda	Wednesday	19:00	60	Y	£5.00
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	£4.00
Circuit Training	Advanced	Sports Hall	40	Jeff	Friday	18:00	60	Y	£3.50
Karate	Beginner	Sports Hall	30	Tom	Friday	20:00	60	Y	£3.50
Karate	Advanced	Sports Hall	30	Tom	Friday	21:00	60	Y	£4.00
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	£5.00
Trampolining	All levels	Sports Hall	30	Dom	Saturday	11:00	90	Y	£3.50
Tai Chai Chuan	Beginner	Sports Hall	40	Tom	Saturday	14:00	60	Y	£3.50
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	
Zumba	Beginner	Sports Hall	35	Rodrigo		18:00	60	Y	£3.50

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Kendo	Club Members Only	Squash Courts	12	Club	Monday	19:00	60	NA	
Squash	Beginner	Squash Courts	14	Philip	Wednesday	19:00	60	Y	£3.50
Squash	Advanced	Squash Courts	14	Philip	Saturday	11:00	90	Y	£4.00
Squash	Club Members Only	Squash Courts	14	Club	Sunday	11:00	120	NA	
80's Dancercise	Beginner	Studio	35	Annie	Monday	20:00	60	Y	£3.50
Krav Maga	Club Members Only	Studio	30	Club	Monday	19:00	60	NA	
Step'n'Tone	Beginner	Studio	25	Fiona	Monday	18:00	60	Y	£3.50
Iyengar Yoga	Beginner	Studio	30	India	Monday	11:00	60	Y	£3.50
Pilates	Beginner	Studio	25	India	Monday	09:00	60	Y	£3.50
Private Party Hire	Private	Studio	32	Private	Monday	13:00	120	Y	£75.00
Brazilian Jujitsu	Club Members Only	Studio	20	Tom	Monday	21:00	60	NA	
Spin	Beginner	Studio	12	Ash	Tuesday	18:00	60	Y	£5.00
Ashtanga Yoga	Beginner	Studio	35	Ashley	Tuesday	10:00	60	Y	£3.50
Ashtanga Yoga	Advanced	Studio	35	Ashley	Tuesday	11:00	90	Y	£4.00
Karate	Club Members Only	Studio	15	Club	Tuesday	20:00	120	NA	
Jujitsu	Club Members Only	Studio	30	Jai	Tuesday	19:00	60	NA	
Stretch	All levels	Studio	25	Miranda	Tuesday	14:00	60	Y	£3.50
Private Party Hire	Private	Studio	33	Private	Tuesday	16:00	120	Y	£75.00
Spin	Advanced	Studio	12	Ash	Wednesday	19:00	60	Y	£5.00
Bikram Yoga	Beginner	Studio	25	Ashley	Wednesday	09:00	60	Y	£3.50
Bikram Yoga	Advanced	Studio	25	Ashley	Wednesday	10:00	60	Y	£4.00
Hwa Rang Do	Club Members Only	Studio	15	Club	Wednesday	20:00	90	NA	
Step'n'Tone	Advanced	Studio	25	Debbie	Wednesday	18:00	60	Y	£4.00
Pilates	Advanced	Studio	25	India	Wednesday	08:00	60	Y	£4.00
Chair exercises	50+	Studio	20	Miranda	Wednesday	14:00	45	N	£2.00
HIIT	Advanced	Studio	20	Fiona	Thursday	19:00	60	Y	£4.00
Iyengar Yoga	Advanced	Studio	30	India	Thursday	12:00	60	Y	£4.00
Yogalates	All levels	Studio	25	India	Thursday	10:00	60	Y	£3.50
Jujitsu	Beginner	Studio	30	Jai	Thursday	20:00	60	Y	£3.50
Jujitsu	Advanced	Studio	30	Jai	Thursday	21:00	60	Y	£4.00
Stretch	50+	Studio	25	Miranda	Thursday	15:00	60	N	£2.00
Aikido	Club Members Only	Studio	35	Paul	Thursday	18:00	60	NA	

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Tai Chai Chuan	50+	Studio	25	Tom	Thursday	14:00	45	N	£2.00
Kung Fu	Club Members Only	Studio	30	Club	Friday	20:00	60	NA	
Yogalates	50+	Studio	25	India	Friday	12:00	60	N	£2.00
Jeet Kune Do	Club Members Only	Studio	15	Jai	Friday	19:00	60	NA	
Private Party Hire	Private	Studio	30	Private	Saturday	10:00	120	Y	£75.00
Private Party Hire	Private	Studio	30	Private	Saturday	13:00	120	Y	£75.00
Private Party Hire	Private	Studio	30	Private	Saturday	16:00	120	Y	£75.00
Private Party Hire	Private	Studio	31	Private	Sunday	10:00	120	Y	£75.00