

CLASS TIMETABLE



MON	5.15 - 6.15 pm	Dance and Tone	A/L	S/H
	6.15 - 7.15 pm	Dance and Tone	A/L	S/H
	7.15 - 8.45 pm	Tai Chi	A/L	S/H

TUES	10.00 - 11.00 am	Pilates Based Matwork	A/L	D/S
	6.00 - 7.00 pm	Circuit Training	INT	S/H
	7.00 - 8.00 pm	Chinese Boxing	A/L	S/H
	7.30 - 9.00 pm	Yoga (Zoe)	INT	D/S

WED	7.15 - 8.15 am	Shaolin Stretch & Stamina	A/L	S/H
	5.15 - 6.15 pm	Dance and Tone	A/L	S/H
	6.15 - 7.15 pm	Dance and Tone	A/L	S/H
	7.00 - 8.30 pm	Yoga (Zoe)	BEG	D/S

THUR	6.30 - 8.00 pm	Yoga (Jayaben)	A/L	D/S
	7.00 - 8.00 pm	Salsa for Beginners	BEG	S/H
	8.00 - 9.00 pm	Salsa for Intermediates	INT	S/H

FRI	9.30 - 10.15 am	Trim and Tone	A/L	S/H
	5.00 - 6.00 pm	Street Dance	A/L	S/H

SAT	10.00 - 11.00 am	Pilates Based Matwork	A/L	D/S
	11.00 - 12.00 pm	Dance and Tone	A/L	S/H
	1.00 - 2.00 pm	Junior Gym (14-15yrs)	JNR	GYM
	4.30 - 5.30 pm	Tai Chi	A/L	S/H

SUN	11.00 - 12.30 pm	Yoga (Elizabeth)	A/L	D/S
	1.00 - 2.00 pm	Junior Gym (14-15yrs)	JNR	GYM

KEY	JNR: Junior	BEG: Beginner	A/L: All Levels
	INT: Intermediate	ADV: Advanced	S/H: Sports Hall
	D/S: Dance Studio	GYM: Gym	

CLASS DESCRIPTIONS

TAI CHI: The “soft” or “internal” style of martial art taught for self defence purposes. It helps to improve blood and energy circulation, co-ordination and flexibility. Instructor – **Nasser Butt**

PILATES: Pilates based Matwork will strengthen the core (stomach and back muscles) through traditional Pilates exercises. Instructor - **Kine Dorum**

CHINESE BOXING: The external form of Tai Chi using combat principles for both self-defence and physical health. Instructor – **Nasser Butt**

CIRCUIT TRAINING: Considered to be the one of the best forms of exercise. Perfect for increasing fitness levels, muscular endurance and reducing body fat. Instructor – **Jit Joshi**

YOGA: Traditional style of Asian exercise using different positions and breathing techniques to improve flexibility, coordination and general wellness. Instructor – **Zoe / Jayaben / Elizabeth**

DANCE & TONE: A great, fun and easy body toning workout utilising the latest dance moves. This class helps to improve co-ordination, strength and general fitness. Instructor – **Sarah Wragg**

SALSA: Feel the atmosphere of Latin-America. Great opportunity to meet new people and improve your dance skills and co-ordination. Instructor – **Hiren Lavingia**

TRIM & TONE: An aerobic and body toning class involving low impact exercise, incorporating a wide variety of aerobic styles, using steps, dumbbells and fit balls. Instructor – **Tracey Rushin**

STREET DANCE: Learn all the moves from the latest dance videos in choreographed dance workouts, designed to improve your aerobic fitness. Instructor – **Lucy Bailey**

JUNIOR GYM: Supervised exercise on cardiovascular equipment for 14 – 15 years old juniors in the mixed gym. The perfect session for encouraging children to take a break from the TV and lead a more active lifestyle. Instructor – **Fitness Team**

TERMS & CONDITIONS

- No members are to use the Sports Hall or other facilities without permission from a member of the Fitness Team.
- Please keep all personal belongings inside the lockers provided. Peepul Centre accepts no responsibility for the loss or damage to any personal items brought onto the premises.
- Lockers are emptied daily. Please remember to take all belongings home with you. Any items left behind will be subject to a £5.00 release fee.
- Due to Health & Safety regulations late arrivals will be refused admittance to any class which has already commenced.
- Please ensure that you let the Instructor/Coach know of any injuries you may be suffering from prior to commencing exercise.
- Peepul Centre reserves the right to change the timetabling of events/classes whilst also retaining the right to cancel classes at short notice.

SESSIONAL CLASS PRICES

Adult Class 60+ minutes	£5.00
Adult Class 30-60 minutes	£4.00
Junior Class	£2.00

CLUB OPENING TIMES

Mon - Thurs	7.00 am - 10.00 pm
Fri	7.00 am - 9.00 pm
Sat & Sun	8.00 am - 6.00 pm

(Last entry 1 hour before closing)