



Topnotch Studio Timetable - From 13/09/10



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10.30 Body conditioning	6.45 - 7.45 Early Bird Circuit	6.30 - 7.00 Awesome Abs	6.45 - 7.45 Early Bird Circuit	6.30 - 7.00 Early Bird Spin	9.15 - 10.00 Aerobics	9.30 - 10.30 Coming soon!!! THUMP BOXING
10.00 - 11.00 Spin & Abs	9.30 - 10.00 Express Aerobics	9.30 - 10.30 Young at Heart	9.30 - 10.15 Stability ball Core Conditioning	9.30 - 10.30 Young at Heart	10.15- 11.15 Body Pump	10.30 - 11.30 Spinning
11.15 - 12.00 New Time! Pilates	10.00 - 11.00 Body Pump	9.30-10.15 Spinning	10.30 - 11.30 Spin and Pump	10.30 - 11.15 Starting October Yogalates		11.00 - 11.45 Aquarobics
1.15 - 1.45 Awesome Abs	1.15 - 2.00 Studio Circuit	1.10 - 1.40 Lunch Time Spin	9.30am Start Running Club			
2.00 - 2.45 Aquarobics			1.45 - 2.30 Aquarobics			
6.00 - 6.30 Awesome Abs	5.00 - 6.00 Teen Spin £	6.00 - 6.30 Express Boot Camp Circuit	5.00 - 5.45 Teen Fitness £			
6.30 - 7.15 Body Conditioning	6.30 Start Running Club	6.30 - 7.15 Spinning	6.00 - 6.30 Awesome Abs			
6.15 - 7.00 Spinning	6.30 - 7.15 Beginners spin	7.30 - 8.15 Aquarobics	6.30 - 7.30 Body Pump	6.00 - 6.45 Spinning		
7.15 - 8.15 Body Pump	6.30 - 7.15 New! Starts 21/09/10 Pilates	6.45 - 7.45 Coming soon!!! THUMP BOXING	7.30 - 8.30 Ladies Chi Fit kick box £ tele: 07958537575			
8.15 - 9.15 Brazilian Ju-Jitsu £ tele: 07932229774	7.30- 8.15 Stability ball Core Conditioning	8.00 9.00 Zumba £ tele: 07714986590				

Topnotch Health Club
Unit 2
Phoenix Square
Wyncolls Road
Severals Industrial Park
Colchester
CO4 9AS

Class Guidelines

To guarantee your place please book classes in advance at reception or call 01206 851851. Classes can be booked up to 7 days in advance. Pick up your ticket at reception before your class and hand it to the instructor on entry. You may be refused entry if you arrive late to any class.

Classes may be cancelled if less than 3 people attend.

KEY:	Cardiovascular Fat Burning	Muscle Conditioning Strength	Flexibility/Posture Mind/Body	Cardio and Resistance Mix
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