

GROUP FITNESS TIMETABLE

September 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		07.00-07.45 Spin Rachel		07.00-07.45 Spin Colette	08.30-09.15 Spin Instructor	09.15-10.00 Spin John
09.30 - 10.30 Cardio Box Tracey	09.30-10.30 Heart Blitz Jean	09.30 - 10.30 Body Pump Sue	09.30-10.30 Pilates Jackie	08.30 - 9.00 Early Box Tom	09.30-10.30 Step Jean	10.15 - 11.15 Body Pump Vanessa
10.30-11.30 Body Pump Sue		10.30 - 11.30 Body Balance Sue		09.00-10.00 Tone Zone Jean	10.30 - 11.30 Tone Zone Jean	
				10.00-11.00 Step Jean		
	13.30-14.30 Body Pump Michelle		13.30 - 14.30 Tone Zone Jean	11.00-12.30 Flow Yoga Julie		
17.15-18.00 Intro to spin Rachel				17.15-18.00 Intro to spin James		
18.00 - 19.00 Body Pump Vanessa	18.00-19.00 Cardio Box Hannah		18.00 -19.00 Body Pump Michelle	18.30-19.45 Boxercise Tracey M *		
19.00-20.00 Spin & Abs Kristina	19.00-20.00 Tone Zone Jean	19.00 - 20.00 Step Jean	19.00 - 20.00 Body Balance Sue			
20.00-21.00 Pilates Petra	20.00 -21.00 Flow Yoga Frances	20.00 - 21.00 Tone Zone Jean	20.00 - 21.00 Spin & Abs Rebecca			

Topnotch Health Club,
Amersham Road,
Chesham,
Bucks,
HP5 1NE

DARE
to be
different

GROUP FITNESS GUIDELINES

Phone: **01494 774100**

- There will be no entry into any class 5 minutes after the start time.
- There is a minimum of 2 participants for all classes to take place.
- To guarantee your place please book in advance at reception.
- For questions or comments regarding Group Fitness, please see Sue Noble Studio-Co ordianator.

Teens cardio sessions are held on Mon, Wed, and Fri, between 16.00 -17.30, Sat @11.00am
Limited spaces available.



Cardio Fat burning
Muscle conditioning Strength
Flexibility Mind/ Posture

*Additional Cost (Please see notice boards)