

Spinning Programme

Monday

TIME	EXERCISE CLASS	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	GUEST	NON-MEMBER
18:00 - 19:00	SPIN & Abs	Anna	All Levels	■■■■■	Free	Free	£5.50

Tuesday

TIME	EXERCISE CLASS	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	GUEST	NON-MEMBER
12:00 - 12:45	Lunchtime SPIN	Connor	All Levels	■■■■■	Free	Free	£5.50
18:30 - 19:15	SPINNING	Graham	All Levels	■■■■■	Free	Free	£5.50

Wednesday

TIME	EXERCISE CLASS	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	GUEST	NON-MEMBER
09:00 - 09:45	Early SPIN	Stan	All Levels	■■■■■	Free	Free	£5.50
18:00 - 18:45	SPINNING	Anna	All Levels	■■■■■	Free	Free	£5.50

Thursday

TIME	EXERCISE CLASS	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	GUEST	NON-MEMBER
12:00 - 12:45	Ladies SPIN	Larni	All Levels	■■■■■	Free	Free	£5.50
18:00 - 19:30	SPIN & Circuit	Stan	All Levels	■■■■■	Free	Free	£5.50

Friday

TIME	EXERCISE CLASS	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	GUEST	NON-MEMBER
08:10 - 08:40	H.I.I.T SPIN	Stan	All Levels	■■■■■	Free	Free	£5.50
13:00 - 14:00	SPINNING	Stan	All Levels	■■■■■	Free	Free	£5.50
18:00 - 18:45	SPINNING	Kev	All Levels	■■■■■	Free	Free	£5.50

Saturday

TIME	EXERCISE CLASS	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	GUEST	NON-MEMBER
09:10 - 10:00	SPINNING	Anna	All Levels	■■■■■	Free	Free	£5.50

Sunday

TIME	EXERCISE CLASS	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	GUEST	NON-MEMBER
09:00 - 09:45	Sunday SPIN	Larni	All Levels	■■■■■	Free	Free	£5.50

Just call our team on 01983 766222 to book or email us at hello@westbaycountryclub.co.uk
westbayclub.co.uk



Adult Exercise Classes

Spring/Summer Programme
 (5th June - 22nd July 2017)

This programme is subject to availability and may be amended at any time

Monday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
09:15 - 10:00	Gym & Tonic	General	Holly	Low impact		Free	£4.50
10:00 - 11:00	Matwork Pilates	Holistic	Lisa	Improver		Free	£7.00
11:00 - 12:00	Pilates Fundamental	Holistic	Lisa	Beginner		Free	£7.00
11:10 - 12:00	Aqua-Yoga	Holistic	Jenny	All Levels		Free	£4.50
14:00 - 15:00	Hot Yoga	Holistic	Jenny	Advanced		Free	£8.00
19:00 - 20:00	PUMP	Toning	Anna	All Levels		Free	£5.50
20:00 - 21:30	Hatha Yoga	Holistic	Jenny	All Levels		Free	£7.00

Tuesday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
09:00 - 10:00	BodySculpt	Toning	Kym	Beginner		Free	£5.50
10:00 - 11:00	Yoga4Health	Holistic	Jenny	Beginner		Free	£7.00
11:00 - 12:00	Mindful Yoga	Holistic	Jenny	All Levels		Free	£7.00
18:30 - 19:30	Body Weight Circuit	Fitness	Stan	All Levels		Free	£5.50
19:00 - 19:30	H.I.I.T	Fitness	Larni	All Levels		Free	£4.50
19:30 - 20:30	Dynamic Pilates	Holistic	Lisa	All Levels		Free	£7.00
19:30 - 20:15	Aqua Mix	Cardio	Larni/Stan	All Levels		Free	£4.50

Wednesday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
10:00 - 11:00	Matwork Pilates	Holistic	Lisa	Improver		Free	£7.00
10:15 - 11:00	Beginner Running Club	Run	Stan	Beginners		Free	£4.50
11:00 - 12:00	Pilates Fundamentals	Holistic	Lisa	Beginners		Free	£7.00
12:00 - 13:00	Beginner Circuit	Fitness	Stan	All Levels		Free	£5.50
13:00 - 14:00	Classical Pilates	Holistic	Lisa	All Levels		Free	£7.00
16:00 - 17:30	Hatha Yoga	Holistic	Jenny	Beginner		Free	£7.00
18:00 - 18:45	Beginner Kettlebells	Fitness	Matt	All Levels		Free	£5.50
18:45 - 19:30	Abs Toning & Core	Toning	Anna	All Levels		Free	£4.50
19:30 - 21:00	Sun Power Yoga	Holistic	Jenny	Advanced		Free	£7.00

Thursday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
10:00 - 11:00	Yoga4Health	Holistic	Jenny	Beginner		Free	£7.00
11:00 - 12:00	Mindful Yoga	Holistic	Jenny	All Levels		Free	£7.00
13:30 - 14:30	Hot Yoga	Holistic	Jenny	Advanced		Free	£8.00
18:00 - 19:00	Body Sculpt	Toning	Kym	All Levels		Free	£5.50
20:00 - 21:00	Swim For Fitness	Fitness	Stan	All Levels		Free	£5.50

Friday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
09:15 - 10:00	Gym & Tonic	General	Stan	Low Impact		Free	£4.50
10:00 - 11:00	Matwork Pilates	Holistic	Lisa	Improver		Free	£7.00
11:00 - 12:00	Pilates Fundamentals	Holistic	Lisa	Beginners		Free	£7.00
11:10 - 12:00	Aqua-Fit	Cardio	Stan	All Levels		Free	£4.50
14:00 - 15:00	Classical Pilates	Holistic	Lisa	All Levels		Free	£7.00
19:00 - 20:00	Power STEP	Cardio	Anna	All Levels		Free	£5.50
19:00 - 20:30	Hot Yoga	Holistic	Jenny	Advanced		Free	£8.00

Saturday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:15 - 09:00	Saturday Circuit	Fitness	Anna	All Levels		Free	£5.50
10:00 - 11:00	BARRE Conditioning	Dance	Larni	All Levels		Free	£5.50
11:00 - 12:30	Yoga4Health	Holistic	Jenny	All Levels		Free	£7.00

Sunday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
10:00 - 11:00	Matwork Pilates	Holistic	Lisa	All Levels		Free	£7.00

Limited spaces available - Booking essential to avoid disappointment