

Dance Studio	Monday	Tuesday	Wednesday	Thursday	Friday
9 - 9.30					
9.30 - 10					
10 - 10.30					
10.30 - 11					
11 - 11.30					
11.30 - 12					
12 - 12.30					
12.30 - 1					
1 - 1.30					
1.30 - 2					
2 - 2.30					
2.30 - 3					
3 - 3.30					
3.30 - 4	Girls Kickboxing				Ballet Classes
4 - 4.30	Girls Kickboxing				
4.30 - 5	Legs, Bums & Tums	Ballet Classes		Clav'm Staff LBT	
5 - 5.30	Circuit Training		Pilates Fitness	Legs, Bums & Tums	
5.30 - 6	Core Conditioning		Yoga Fitness	Kettle Bells	
6 - 6.30	Metafit	Zumba 8.00 - 8.55		Ballet Fit 8.00 - 8.45	
6.30 - 7					
7 - 7.30					
7.30 - 8					
8 - 8.30					
8.30 - 9					
9 - 9.30					Kung Fu
9.30 - 10					

Saturday	Sunday	Dance Studio
		9 - 9.30
		9.30 - 10
	Zumba Dance	10 - 10.30
		10.30 - 11
		11 - 11.30
		11.30 - 12
		12 - 12.30
		12.30 - 1
Available for Dance Practice or Stage School	Available for Dance Practice or Stage School	1 - 1.30
		1.30 - 2
		2 - 2.30
		2.30 - 3
		3 - 3.30
		3.30 - 4
		4 - 4.30
		4.30 - 5
		5 - 5.30
		5.30 - 6
		6 - 6.30
		6.30 - 7
		7 - 7.30
		7.30 - 8
		8 - 8.30
		8.30 - 9
		9 - 9.30
		9.30 - 10

	Junior Club
	Sports Centre Junior Club
	Adult Clubs
	Sports Centre Adult Clubs
	Staff class

