

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11.00 - 12.00							Body Shelley Conditioning 11.00-12 +
Lunchtime		Pilates * 12.45-1.30 Chris	Body Laura Conditioning 12.45-1.30 +		Legs Bums & Tums Anne 12.45-1.30 +		
4.00 - 5.00		Ballet ^ 1.30-2.30 Lizzie				Street Dance 1.00-2.00 * (13-15yrs) Tracy	
5.00 - 6.00	Street Dance 4.30-5.30 * (5-8yrs) Tracy	Street Dance 4.30-5.30 * (13-18yrs) Tracy	Street Dance 4.45-5.45 * (9-12yrs) Tracy			Capoeira 2.00-3.30 * Parana	
6.00 - 7.00	Power Yoga Alice +	Circuits James +	Thai Kickboxing Frank +	Circuits Tom +	Street Dance Adult-Advanced 5.45-6.45 Lizzie ^	C L O S E D	C
7.00 - 8.00	Pilates ^ Chris	Aero Bounce Katie +	Legs Bums & Tums Lilly +	Street Dance ^ (15-18) Tracy			O
8.00 - 9.00	Thai Kickboxing Frank +	Street Dance * Lizzie					S
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To Hire the Hall please contact the manager (rates negotiable) Phase One reserves the right to cancel or substitute classes (Please phone to check first)

Key: + Signifies free class for members - £4.00-£5.00 Non Membs. No booking required ^ Signifies booking required

* Signifies classes run on a private basis: Payment to the instructor directly. No booking required