

Aztec Studio Timetable from Monday 4 Mar 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT 8.30am–9.20am Call Bridget on 07539 273525	Aqua-Pilates 9.00am–9.45am with Emma	HIIT 9.00am–10.00am Call Bridget on 07539 273525	Flow Yoga 7.45am–8.45am with Alex	HIIT 9.00am–10.00am Call Bridget on 07539 273525	Step/Combat Aerobics 9.00am–10.00am with Emma
Pilates 9.40am–10.40am Call Julie on 07966 571159	Pilates 10.00am–11.00am with Emma	Vinyasa Yoga 10.15am–11.10am Call Ann on 07729 810765	Legs, Bums & Tums 10.00am–11.00am with Holly	Aqua Aerobics 9.15am–10.00am with Emma	Yoga Flow 10.15am–11.15am with Holly
Pilates 11.00am–12.00pm Call Julie on 07966 571159	Weighted Workout 11.15am–12.15am with Holly	Fitsteps® 1.30pm–2.15pm with Vicky	Keibudo Karate School 5.45pm–6.45pm Keith 0788 4017878	Pilates 10.30am–11.30am with Emma	Entry will not be granted without a card - You must collect a class card when you pay and hand it to the instructor when entering the Studio. Participants must be aged 16 or over. Terms and conditions: All classes must be paid at least 5 minutes before the start of the class. • If a class has to be cancelled or changed at short notice, we will try our best to let you know in good time • If you have pre-paid, we will transfer your payment to the next available class • No refunds or transfers will be made if a class is covered by another instructor • No refunds or transfers will be given for bookings cancelled by you • You will be required to complete a pre-exercise questionnaire on your first visit • Please check with your doctor if you have any health concerns before starting a new exercise class • For free classes, members must show their membership card at the reception when booking onto the class.
IgniteFit* 5.30–6.00pm with Emma	Keibudo Karate School 5.45pm–6.45pm Keith 07884017878	Aqua Aerobics 1.45pm–2.30pm with Emma	Aqua Aerobics 6.00pm–6.45pm with Holly	Pilates 11.45am–12.45pm with Emma	
Pilates 6.10pm–7.10pm with Emma	Powertone 7.00pm–8.00pm Call Bridget on 07539 273525	Zumba 5.15pm–6.00pm with Kelly	Powertone 7.00pm–8.00pm Call Bridget on 07539 273525	Men's Wellness 1.00pm–2.00pm with Emma Call 07870 738647	
Pilates Boost 7.15pm–8.00pm with Emma		Old Skool Aerobics 6.00pm–7.00pm with Emma	Bookable on GymSync app	Power Conditioning & Stretch 5.30pm–6.30pm with Emma	
		Boxercise 7.10pm–8.10pm with Emma	Bookable directly with Instructor.		

Class Fees:

 **£3** members **£6** non-members
 Free to Studio & Platinum Members

 *** £2** members **£6** non-members
 Free to Studio & Platinum Members



Bookable on
GymSync app



Bookable directly
with Instructor.



Water-based Class



Dance/Choreography



High Intensity/Conditioning



Mind/Body