












Sport & Leisure

Young Adult Members Timetable 14-16yrs - May & June

Day	Class	Time	
Monday	Spinning*	9.15-10am	
	Salsacise	10-11am	
	NEW Yoga	11.30am-1pm	
	Spinning*	5.45-6.30pm	
	Spinning*	7-7.45pm	
	Thighs, Tums & Bums	8-9pm	
Tuesday	Spinning*	5.15-6pm	
	Extreme Spin*	6-7pm	
	Step	7.15-8pm	
Wed	NEW Yoga	7.15-8.45pm	
Thursday	Aerobic Warm Up	10-10.30am	
	Zumba	10.30-11am	
	NEW Beginners Family Karate	5-6pm	
	Spinning*	5.15-6pm	
	Spinning*	6-6.45pm	
	NEW Intermediate Karate NEW Advanced Karate	6.15-7.15pm 7.30-8.30pm	
Friday	Spinning*	9.15-10am	
	Spinning & Juniors*	5.45-6.30pm	
Saturday	Spinning & Juniors*	10-10.45am	
	Advanced Rhythmic Gymnastics	12-2pm	
	Spinning*	5.15-6pm	
Sunday	NEW Beginners Family Karate	9.15-10.15am	
	NEW Intermediate Karate	10.30-11.30am	
	NEW Advanced Karate	11.45am-1pm	
	NEW Family Spinning*	4-4.45pm	
	Zumba	5-6pm	
	Spinning*	5.15-6pm	



Fast track bookings taken 1 hour before.



Term-time only - see reception for dates.

*Technique class required prior to first session.

No classes Bank Holiday 3rd & 31st May.

Download your timetable online...
Visit www.ribbyhall.co.uk/health-club

All information correct at time of going to print but may be subject to change

For more details and prices within your membership category call Sport & Leisure **01772 682 000**