


	Monday	Tuesday	Wednesday	Thursday	Friday	
6						
9	WEIGHTS TUTORIAL	WEIGHTS TUTORIAL	TABATA	FREE.WEIGHTS BLITZ	WEIGHTS TUTORIAL	
10	9.30-11 YOGA /EMMA ✨	ROLLER PILATES	60+ TABATA	60+CLOCKWORK CIRCUITS	BEGINNERS PILATES	
11	LEGS BUMS TUMS	LEGS BUMS TUMS	TABATA	CLOCKWORK CIRCUITS	INTERMEDIATE PILATES	+ O P E N W E E K E N D S
12	LEGS BUMS TUMS	LEGS BUMS TUMS	TABATA	CLOCKWORK CIRCUITS	Normal Gym	
1	LEGS BUMS TUMS	BOXERCISE SIMONE	TABATA	CLOCKWORK CIRCUITS	GLIDING	
2	Normal Gym	AEROBICS SIMONE	Normal Gym	Normal Gym	Normal Gym	
3	Normal Gym	Normal Gym	Normal Gym	Normal Gym	Normal Gym	
4	THE CORE TUTORIAL	THE CORE TUTORIAL	THE CORE TUTORIAL	THE CORE TUTORIAL	THE CORE TUTORIAL	
5	Normal Gym	Normal Gym	Normal Gym	Normal Gym	Normal Gym	
6	BOXING CIRCUITS	GLIDING	CANDLELIGHT PILATES ✨	SURPRISE EXERCISE!!	AEROBICS tbc restart	
7	WEIGHT & SEE WEEKLY £5	CIRCUITS	FREE WEIGHTS LOVE	LATINO (SEPTEMBER)		
8						

For a mere £27 per month you can come to any/all of these as often as you like, for as long as you like - stay for 2 hours if you want to, or even do two sessions back to back! (OR pay £5 per session on the door - normal rates).

■ = classes. ■ = not included in this tariff. ✨ Gym closed here
The rest are **OPTIONAL** specialist gym sessions.

The Club is open from 6 – 9, and you can drop in anytime for as long as you like! (apart from ✨) N.B Gym membership is free! Please call in or phone **01497 822995** or call in at **10, Broad Street, Hay on Wye – behind Rose & Crown**
We reserve the right to make changes to this timetable, you can see changes at: 'Timetable' www.weightandsee.ning.com
You'll need to commit to a year with G&T's to get this special (£27 pcm deal, but even if you are away for weeks of the year, **you cannot lose** if you make the most of us when here!
Offer closes end October every 2010.