



KENTS
FITNESS

AFFORDABLE • FRIENDLY • FITNESS

THE STUDIO TIMETABLE
AUGUST '10

Class	Time	Venue	Level	Instructor
Monday				
Circuits	10.00-11.00am	Studio 1	1	Wayne
BodyPump	6.00-7.00pm	Studio 1	2	Tim
Power Yoga	6.00-7.00pm	Studio 2	1	Mary
Bums Legs n Tums	7.10-8.10pm	Studio 2	3	Abi
BodyAttack	7.10-8.10pm	Studio 1	2	Tim
KPH	6.00-6.45pm	KPH Cycling Arena	3	Mark
Tuesday				
Boxercise	6.00-7.00pm	Studio 1	3	Jon
Pilates	6.00-7.00pm	Studio 2	1	Leon
20/20/20	7.00-8.00pm	Studio 2	2	Abi
PoleDancing	7.15-8.15pm	Studio 1	1	Charlotte
PoleDancing	8.15-9.15pm	Studio 1		Charlotte
KPH	6.00-6.45pm	KPH Cycling Arena	1	James
KPH	7.00-7.45pm	KPH Cycling Arena	1	James
Wednesday				
BodyPump	6.00-7.00pm	Studio 1	2	Tim
DanceFit	6.00-7.00pm	Studio 2	2	Kelli
Bums Legs n Tums	7.00-8.00pm	Studio 2	1	Jayne
Step	7.10-8.00pm	Studio 1	2	Tim
PowerYoga	8.00-9.00pm	Studio 2		Mary
KPH	6.00-7.00pm	KPH Cycling Arena	2	JK
Thursday				
Pilates	9.30-10.30am	Studio 2	1	Lisa
Circuit Training	6.00-7.10pm	Studio 1	3	JK
Pilates	6.00-7.00pm	Studio 2	1	Leon
BodyAttack	7.15-8.15pm	Studio 1		JK
KPH	6.00-6.45pm	KPH Cycling Arena	1	Andrew
Friday				
KPH	12.15-1.00pm	KPH Cycling Arena	3	Paul
Karate (Shokotan) - Children & Adults	6.00-7.30pm	Studio 1	1	James
Saturday				
BodyAttack	10.00-11.00am	Studio 1	2	Tim
BodyPump	11.10-12.10pm	Studio 1	2	Tim
Tae Kwon Do	4.00-5.30pm	Studio 1	1	Paul
Sunday				
KPH	10.00-10.45am	KPH Cycling Arena	2	James
BodyPump	11.00-12.00pm	Studio 1		Jon

Please Note:

Due to an increase in reservations that fail to show we now only accept bookings for KPH Cycling THREE DAYS in advance.

To reserve your place or for more information 01274 63 27 27