Exercise Classes & Pool Timetable from w/c 30.10.17

The Audley Club at Clevedon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7– 9.30am	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members
9.30 – noon	Pilates 8.30 -9.30am ———— Aqua 9.45 -10.30am 10.45-11.30am ———— Mens Pilates 11.45am-12.15pm	Pilates 9-10am ——— Youthful Hearts ETM 10.15-11am ———- Flex, Tone & Stretch 11.15-12.15pm	Top 2 Toe Weights 11.00-12 noon ———- U3A Aqua Private Class 11-12noon 20 Sep-6 Dec	Pilates 8.45-9.30am ———- Youthful Hearts ETM 9.45-10.30am ———- Aqua 10.45-11.30am ———- Seated circuit (Arthritis) 11.45-12.30pm	Pilates 9-10am 10-.15-11.15am ———— Aqua 11.30-12.15pm	Family Swim £5 per child 10-12noon ————- Owners & Members	Family Swim £5 per child 10-12noon ————- Owners & Members
Noon – 5pm	Neighbourly Walk 12.30pm ---------- Pool closed for cleaning 1.30 – 4pm	Studio 12.30-1pm ————- Owners & Family 3-4.30pm	Gentle Aqua 12.15-12.45pm ———— Neighbourly Walk 1pm ---------- Owners & Family 3-4.30pm	Chair class 12.30-1pm ---------- Owners & Family 3-4.30pm	Neighbourly walk 12.30pm ---------- Owners & Family 3-4.30pm	Owners & Members ---------- Owners & Family 3-5pm	Owners & Members ---------- Owners & Family 3-5pm
5– 9pm (Sundays 8pm)	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members	Owners & Members