



# Pulse 8 Studio



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning AM</b>		<b>BODYPUMP</b> Vida ** 06:30		<b>BODYPUMP</b> Heidi ** 06:30			
	<b>BODYBALANCE</b> Vida** 09:30	<b>Young At Heart</b> Clare* 9:30-10:15	<b>Step-Bums-Tums</b> Fiona * 09:30am	<b>Yoga</b> Karen * 9:30-11:00	<b>BODYCOMBAT</b> Sarah D ** 09:15	<b>Body Conditioning</b> Jenny* 09:00	<b>Aerobics</b> Alison* 09:30
	<b>B.L.T</b> Fiona * 10:35	<b>Yoga</b> Karen * 10:35-12:05	<b>Total Body Con</b> Tracey T* 10:35-11:20	<b>PRIVATE HIRE</b>  11:00 - 12:00	<b>BODYBALANCE</b> Julia ** 10:30	<b>BODYSTEP</b> Jenny ** 10.15	<b>Ashtanga Yoga**</b> Francesca 12pm - 1:30pm
		<b>PRIVATE HIRE</b> Physio 12:30pm-1:30pm	<b>Yoga</b> Karen * 12-1:30	<b>PRIVATE HIRE</b> Physio 12pm-2pm	<b>Young At Heart</b> Tracy* 11:30-12:15	<b>BODYBALANCE</b> Heidi ** 11:30	<b>Private Parties</b> <b>Creche</b> 2-4pm
	<b>TAI CHI FIT *</b> 1:30pm-2:30pm <b>SEE NOTES BELOW</b>	<b>Junior Ballet</b> First Steps 1:40pm - 2:40pm		<b>PRIVATE HIRE</b>  2pm-3pm	<b>Flow Yoga</b> Francesca* 12:30pm-13:30pm	<b>Private Parties</b> Creche 1:30-6:30pm	<b>BODYBALANCE</b> Pam ** 5-6pm
<b>Evening PM</b>	<b>Junior</b> Tae-Kwon-Do 4-6pm	<b>Junior Ballet</b> 4-6:10pm	<b>Junior Ballet</b> 4-6:10pm	<b>Junior Street</b> Dance 4-6pm			
	<b>Perfect Condition</b> Andrew * 6:15pm	<b>Step and Tone</b> Fiona * 6:15-7:00pm	<b>BODYBALANCE</b> John ** 6.15pm	<b>BODYCOMBAT</b> Andrew** 6:15pm	<b>Yoga</b> Margaret * 5:30 - 7.00pm	* = suitable for all ** = for those used to exercise	
	<b>Step</b> Andrew ** 7:15pm	<b>Street Dance</b> Kate** 7:15pm	<b>BODYATTACK</b> Rosie** 7:20pm	<b>B.L.T</b> Ilda * 7:15pm	<b>Ballroom Dancing</b> Additional Charge 7:15pm-9:45pm	Any medical conditions, pregnancy or injuries should be reported to the instructor before the class begins	
	<b>BODYBALANCE</b> Andrew ** 8:30pm	<b>TAI CHI FIT *</b> 8:35pm <b>SEE NOTES BELOW</b>	<b>Yoga</b> Raye * 8:30-10pm	<b>BODYBALANCE</b> Pam ** 8:30pm		TAI CHI FIT IS A DROP-IN SESSION AVAILABLE EACH WEEK DURING TERM TIME. PLEASE SEE ADVERTISING POSETERS AROUND THE CLUB FOR SESSION DATES	
						All Classes 60mins unless otherwise stated	



# Pulse 8 Sports Hall



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning AM</b>						<b>BODYPUMP</b> Laura ** 9:15am	<b>BODYPUMP</b> Laura ** 10:15am
	<b>BODYCOMBAT</b> Andrew** 9:35am	<b>BODYATTACK</b> Sarah** 9:30am	Badminton Club 9:00am-12:00pm	<b>BODYPUMP</b> Gerry ** 9:30am	<b>Circuits*</b>  9:35am	<b>BODYCOMBAT</b> Wendy ** 10:30am	
	<b>BODYPUMP</b> Vida** 10:45am	<b>BODYPUMP</b> Andrew** 10:45am					
						<b>BODYPUMP</b> Andrew ** 4:00pm	
<b>Evening pm</b>	<b>BODYPUMP</b> Rosie** 6:00pm	<b>AERO-DANCE</b> Leanne* 6:30pm		<b>BODYSTEP</b> Jenny** 6:00pm	<b>BODYPUMP</b> Shyam ** 6:00pm	* = suitable for all ** = for those used to exercise	
	<b>CARDIO BOX*</b>  7:30pm	<b>BODYPUMP</b> Laura** 7:30pm	<b>BODYPUMP</b> Laura ** 7:15pm	<b>Circuits*</b>  7:30pm		Any medical conditions, pregnancy or injuries should be reported to the instructor before the class begins	
			Badminton Club 8:30 - 10:00			All classes 60 minutes unless otherwise stated	



# Pulse 8 Xbike



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning am	INTERMEDIATE 6:45am 45 mins		INTERMEDIATE 6:45am 45 mins		INTERMEDIATE 6:45am 45 mins		
		INTERMEDIATE 9:30am 45 mins	INTERMEDIATE 9:40am 45 mins	BEG / INT 9:30-10:00am 30 mins	INTERMEDIATE 10:35am 45 mins	INTERMEDIATE 10:15am 45 mins	INTERMEDIATE 10:15am 45 mins
	BEG / INT 1.00-1:30pm 30 mins			BEG / INT 1.00-1:30pm 30 mins		INTERMEDIATE 3:15pm 45 mins	INTERMEDIATE 3:15pm 45 mins
Evening pm	INTERMEDIATE 6:15pm 45 mins	INTERMEDIATE 6:15pm 45 mins	INTERMEDIATE 6:15pm 45 mins	INTERMEDIATE 6:15pm 45 mins			
	INTERMEDIATE 7:15pm 45 mins	INTERMEDIATE 7:15pm 45 mins	BEG / INT 7:15-7:45pm 30 mins				

**VIRTUAL REALITY SYSTEM IS AVAILABLE FOR USE  
OUTSIDE OF THESE TIMES FOR ANYONE AT ANY TIME**

**Beginners / Intermediates : classes are suitable for all levels  
Intermediates : classes suitable for those used to exercise**

**Any medical conditions, pregnancy or injuries should  
be reported to the instructor before the class begins**



# Pulse 8 Aqua



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AQUA 10:15am Half Pool Closure		AQUA 9:15am Half Pool Closure	AQUA 10:15am Half Pool Closure	AQUA 10:15am Half Pool Closure	FAMILY FUN 8.15 - 9.00am	FAMILY FUN 8.15 - 9.00am
	PRIVATE PHYSIO 11:00am-1:00pm Half Pool Closure	PRIVATE PHYSIO 10:00am-12:00pm Half Pool Closure	AQUA 10:15am Half Pool Closure			SWIM SCHOOL 9.00am - 10.30am	SWIM SCHOOL 9.00am - 11.00am
	AQUA 1:15pm Half Pool Closure	AQUA 1:15pm Half Pool Closure	SWIM SCHOOL 2.00pm - 5.30pm	AQUA 1:30pm Half Pool Closure	AQUA 12:45pm Half Pool Closure	FAMILY FUN 10.30am - 11.15am	AQUA 11:15am Half Pool Closure
	SWIM SCHOOL 2.00pm - 3.00pm Half Pool Closure	PRIVATE PHYSIO 2:00pm-4:00pm Half Pool Closure		PRIVATE PHYSIO 2:15pm-7:00pm Half Pool Closure	SWIM SCHOOL 1.30pm - 2.30pm Half Pool Closure	SWIM SCHOOL 11.15am - 1.15pm	
	SWIM SCHOOL 3.30pm - 5.30pm Half Pool Closure		AQUA 7:15pm Half Pool Closure	AQUA 7:15pm Half Pool Closure	SWIM SCHOOL 3.30pm - 5.30pm	FAMILY FUN 1.15pm - 2.00pm	
	PRIVATE PHYSIO 6:30pm-10:00pm Half Pool Closure	PRIVATE PHYSIO 6:00pm-9:00pm Half Pool Closure	AQUA 8:00pm Half Pool Closure	PRIVATE PHYSIO 8:00pm-10:00pm Half Pool Closure		PRIVATE PHYSIO 2.00pm - 4.30pm	
						WATSU 4.30pm-6.00pm Ad-Hoc Sessions*	

**PLEASE BOOK ALL CLASSES AT PULSE 8 RECEPTION A MAXIMUM OF 6 DAYS IN ADVANCE**

Please note - the Spa Pool is NOT available for use during Family Fun Sessions and Swim School, these times may vary outside of school term time.  
The Sauna and Steam Room, however, will remain open at all times.

SWIM SCHOOL on Mondays between 2pm - 5:30pm and Fridays between 1.30pm - 2.30pm the Spa Pool will be closed at the top half.  
The bottom half is still available to use by members

WATSU are privately run session through an external company. These are run ad-hoc, please check Pulse 8 Reception for session times