

# Classes & Activity Timetable

Updates  
Effective from  
22<sup>nd</sup> October 2016

## Monday

5.30pm	Studio Cycling	(Nick)
6.30pm	BODYPUMP	(Chris)
7.00pm	Back to netball	(Sue)

## Tuesday

5.30pm	Pilates	(Debbie)
6.30pm	Pilates	(Debbie)
7.45pm	Studio Cycling	(Nick)

## Wednesday

6.00pm	LBT's	(Mel)*
7.15pm	Studio Cycling	(Mark)*
8.10pm	Studio Cycling	(Mark)*

## Thursday

5.30pm	Studio Cycling	(Vicky)
6.30pm	BODYPUMP	(Andy)
8.00pm	Sports Conditioning**	(Mark)

\*\*Session exclusive for Keynsham Hockey Club ages 14+

## Saturday

8.45am	Studio Cycling	(Nick)
10.00am	<b>BODYPUMP (NEW – Starts 22/10)</b>	<b>(Hannah)</b>

## Sunday

9.30am	Yoga	(Pauline)
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Look out for further updates coming soon

\*Note new Wednesday times

Classes are included with memberships  
Members can book 8 days in advance

Non-Members welcome, only £5 per class  
All classes for ages 16+ only

Book online at [www.sportwellsway.com](http://www.sportwellsway.com)  
or phone reception on 0117 916 1034

Wellsway Sports Centre – Chandag Road – Keynsham