

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	CLASS INTENSITY LEVELS
STUDIO CLASSES							
10.00 - 11.00 PILATES	09.00 - 10.00 FITSTEPS	10.00 - 11.00 YOGA	09.00 - 10.00 ZUMBA	09.00 - 10.00 PARACISE	08.30 - 09.30 HARRY'S BLAST		
11.00 - 12.00 PILATES	10.00 - 11.00 ZUMBA	11.00 - 12.00 YOGA	10.00 - 11.00 YOGA	10.00 - 11.00 PILATES			
18.00 - 19.00 B&B	18.00 - 19.00 HIIT	18.00 - 19.00 BODY FUSION	11.00 - 12.00 YOGA	11.00 - 12.00 PILATES			PILATES / YOGA / AQUA FIT / PARACISE / WALK FIT
19.00 - 20.00 HATHA YOGA		19.00 - 20.00 RELAXATION YOGA	12.30-13.30 WALK FIT	18.00 - 19.00 S&C			
20.00 - 21.00 RELAXTION YOGA			18.00 - 19.00 HARRY'S BLAST				
			19.00 - 20.00 CIRCUITS				
SWIMMING POOL							
06.30 - 08.00 ADULT ONLY SWIM	06.30 - 08.00 ADULT ONLY SWIM	06.30 - 08.00 ADULT ONLY SWIM	06.30 - 08.00 ADULT ONLY SWIM	06.30 - 08.00 ADULT ONLY SWIM	10.00 - 15.00 ADULT ONLY SWIM	10.00 - 15.00 ADULT ONLY SWIM	
10.00 - 16.00 ADULT ONLY SWIM	09.00 - 10.00 AQUA FIT	09.00 - 10.00 AQUA FIT	10.00 - 16.00 ADULT ONLY SWIM	10.00 - 16.00 ADULT ONLY SWIM	19.00 - 20.00 ADULT ONLY SWIM	19.00 - 20.00 ADULT ONLY SWIM	BARBELL & BODYWEIGHT (B&B) / FITSTEPS / ZUMBA / BODY FUSION / STRENGTH & CONDITIONING (S&C)
20.00 - 21.30 ADULT ONLY SWIM	10.00 - 16.00 ADULT ONLY SWIM	10.00 - 16.00 ADULT ONLY SWIM	20.00 - 21.30 ADULT ONLY SWIM	20.00 - 21.30 ADULT ONLY SWIM			
	20.00 - 21.30 ADULT ONLY SWIM	20.00 - 21.30 ADULT ONLY SWIM					
OUTDOOR CLASSES, SQUASH & TENNIS							
			10.00 - 12.00 SOCIAL TENNIS	18.00 - 19.00 BOOTCAMP			
EVENING SQUASH MATCHES			EVENING SQUASH MATCHES				HARRY'S BLAST / HIGH INTENSITY INTERNAL TRAINING (HIIT) / CIRCUITS / BOOTCAMP

For further information or to book a class please speak to a member of the team - 01603 759741 - theedge@barnham-broom.co.uk

Main pool closed during Aqua Fit classes - shallow area plus sauna/steam room available only | Classes are only available to members and are bookable two weeks in advance.

Outdoor classes are weather dependent | No back-to-back bookings of the same class permitted | Find out more at www.barnham-broom.co.uk/fitness