CLAYTON GREEN ACTIVITY SCHEDULE Valid from 5 April 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
BODY COMBAT 10:00AM – 11:00AM STUDIO £4.00		POST NATAL 10:00AM – 11:00AM ACTIVITY ROOM £3.75	BODY PUMP 10:00AM – 11:00AM STUDIO £4.00	BODY COMBAT 10:00AM – 11:00AM STUDIO £4.00		BODY COMBAT 10:00AM – 11:00AM STUDIO £4.00
50+ CIRCUITS 10:30AM – 11:30AM MAIN HALL £2.50		ANTI NATAL 11:00AM – 12:00PM ACTIVITY ROOM £3.75	50+ CIRCUITS 10:30AM – 11:30AM MAIN HALL £2.50			BODY PUMP 11:00AM – 12:00AM STUDIO £4.00
AFTERNOON						
				TAI CHI 1:00PM – 2:00PM STUDIO £1.00		
EVENING						
BODY PUMP 6:00PM – 7:00PM STUDIO £4.00	BODY COMBAT 6:00PM – 7:00PM STUDIO £4.00	BODY COMBAT 6:15PM – 7:00PM STUDIO £3.25	BODY PUMP CLINIC 5:45PM – 6:00PM STUDIO	BODY COMBAT 6:00PM – 7:00PM STUDIO £4.00		
PHYSICAL YOGA 7:00PM – 8:30PM STUDIO £4.60	BODY PUMP 7:00PM – 8:00PM STUDIO £4.00	CIRCUITS 7:00PM – 8:00PM MAIN HALL £3.75	BODY PUMP 6:00PM – 7:00PM STUDIO £4.00	PHYSICAL YOGA 7:00PM – 8:00PM STUDIO £4.00		
	PILATES 8:00PM – 9:00PM STUDIO £3.75	PHYSICAL YOGA 7:00PM – 8:00PM STUDIO £4.00	OLD SCHOOL AEROBICS 8:00PM – 9:00PM STUDIO £3.75			
		ZUMBA 8:00PM – 9:00PM STUDIO £3.75				

- BODY PUMP
- BODY COMBAT
- PHYSICAL YOGA
- PILATES
- STEP
- BODY CONDITIONING
- CIRCUITS
- 50+ Circuits

Please note you must be aged 16 years or above to attend a class.

Active Nation reserves the right to change the location, time or classes within the timetable at their discretion. Please consider the environment before printing this timetable.

A **Chorley Council** facility managed by **Active Nation**

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