

Class Name	Day	Time	Venue
Cross Train	Monday	09:15	Clifton Downs
Cross Train	Monday	18:30	Clifton Downs
Cross Train	Tuesday	07:00	Clifton Downs
Cross Train	Wednesday	09:30	Clifton Downs
Cross Train	Saturday	11:30	Clifton Downs
Functional Fitness	Tuesday	10:15	Clifton Downs
Functional Fitness	Wednesday	10:30	Clifton Downs
Functional Fitness	Thursday	18:30	Clifton Downs
Nordic Walking (Easy Intensity)	Monday	12:30	Clifton Downs
Nordic Walking (Moderate Intensity)	Monday	13:15	Clifton Downs
Nordic Walking (Moderate Intensity)	Tuesday	09:15	Clifton Downs
Nordic Walking (Moderate Intensity)	Wednesday	11:30	Clifton Downs
Nordic Walking (Moderate Intensity)	Thursday	09:15	Clifton Downs
Nordic Walking (Challenging Intensity)	Friday	12:15	Ashton Court
Nordic Walking (Moderate Intensity)	Saturday	10:15	Clifton Downs
Nordic Walking (Challenging)	Monday	10:45	Ashton Court
Cardio Tennis	Tuesday	18:30	Redland High Girls School
Cardio Tennis	Wednesday	20:00	Westbury Park Tennis Club
Cardio Tennis	Saturday	08:55	Canford Park
Cardio Tennis	Sunday	10:00	Canford Park