

October 2017

All to be carried out within Walton Village Hall

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	02 ENERGISE – 4.30PM (12-16 YEAR OLDS) RETROROBICS- 6PM CLUBBERCISE -7PM PILATES – 8 PM	03 BODYBLAST – 6 PM PILATES/FITNESS BALL – 7 PM PILATES/FITNESS BALL – 8 PM	04 CARDIOTONE-6PM (WILLIAM HOWARD SCHOOL)	05 MOTIV8 – 4.30PM (9-11 YEAR OLDS) PILATES – 6PM INSANITY – 7 PM MEN ONLY PILATES – 8 PM	06 KIDS ZUMBA –4-7 4,30PM KIDS ZUMBA -8-11 5.15PM HIT FIT – 6.30 PM	07 **NEW CLASS LAUNCH** STEP N TONE 10AM COME ON GET STEPPING!!
08	09 ENERGISE – 4.30PM (12-16 YEAR OLDS) RETROROBICS- 6PM CLUBBERCISE -7PM PILATES – 8 PM	10 STEP N TONE 6PM PILATES/FITNESS BALL – 7 PM PILATES/FITNESS BALL – 8 PM	11 CARDIOTONE-6PM (WILLIAM HOWARD SCHOOL) STEP N TONE 7.30PM HIT FIT – 8.30 PM	12 ZUMBA GOLD 10AM PILATES-11.30AM MOTIV8 – 4.30PM (9-11 YEAR OLDS) PILATES – 6PM INSANITY – 7 PM MEN ONLY PILATES – 8 PM	13 LEGS, BUMS & TUMS – 9 AM PILATES – 10 AM KIDS ZUMBA –4-7 4,30PM KIDS ZUMBA -8-11 5.15PM HIT FIT – 6.30 PM	14 NO CLASSES
15	16 ENERGISE – 4.30PM (12-16 YEAR OLDS) RETROROBICS- 6PM CLUBBERCISE -7PM PILATES – 8 PM	17 STEP N TONE 6PM PILATES/FITNESS BALL – 7 PM PILATES/FITNESS BALL – 8 PM	18 CARDIOTONE-6PM (WILLIAM HOWARD SCHOOL) STEP N TONE 7.30PM HIT FIT – 8.30 PM	19 ZUMBA GOLD 10AM PILATES-11.30AM MOTIV8 – 4.30PM (9-11 YEAR OLDS) PILATES – 6PM INSANITY – 7 PM MEN ONLY PILATES – 8 PM	20 NO CLASSES	21 NO CLASSES
22	23 NO CLASSES	24 NO CLASSES	25 NO CLASSES	26 NO CLASSES	27 NO CLASSES	28 NO CLASSES
29	30 NO CLASSES	31 NO CLASSES	01 CARDIOTONE- 6PM (WILLIAM HOWARD SCHOOL) NO CLASS IN WALTON HALL AS IN USE	02 ZUMBA GOLD – 10AM PILATES – 11AM MOTIV8 – 4.30PM (9-11 YEAR OLDS) PILATES – 6PM INSANITY – 7 PM	03 LEGS, BUMS & TUMS – 9 AM PILATES – 10 AM KIDS ZUMBA – 4-7 4,30PM KIDS ZUMBA -8- 11 5.15PM HIT FIT – 6.30	04 HIT FIT – 9 AM STEP N TONE 10AM PILATES – 11 AM