



New Year, New You!!! @ Arbroath Sports Centre



Monday	Aquafit	13.00-14.00	Sharon
NEW!	Body Vive	18.00-19.00	Gail
	Body Combat	18.30-19.30	Laura
	Body Pump	19.00-20.00	Vicky-Lea
	Body Balance	20.00-21.00	Vicky-Lea
	Adult Swim Lessons	21.00-21.45	Marion
	Adult Swim Fit	21.00-21.45	Dawn
Tuesday	Bums and Tums	18.00-19.00	Bill
	Step Aerobics	19.00-20.00	Bill
	Body Combat	18.30-19.30	Laura
NEW !	Abs Attack	19.30-20.00	Agata
NEW !	Body Balance	20.00-21.00	Agata
	Aquanatal	19.45-20.30	Midwife
Wednesday	Ladies Swim Lessons	19.30-20.15	Claire & Karen
	Body Pump	20.15-21.15	Vicky-Lea
	Aquafit	20.30-21.30	Karen
Thursday	Aquafit	13.00-14.00	Sharon
NEW !	Body Vive	18.00-19.00	Bill
	Bums and Tums	19.00-20.00	Bill
	Step Aerobics	20.00-21.00	Bill
Friday	Circuits	18.00-19.00	Agata
	Body Pump	18.00-19.00	Laura
NEW !	Abs Attack	19.00-19.30	Agata
NEW !	Body Balance	19.30-20.30	Agata

Did you know that if you attend two or more classes weekly you could save money by having a b ACTIVE membership!

New class timetable starts 14 January 2008