

the Bromyard Centre

TIME	CLASS	INSTRUCTOR
Monday		
9.00am – 10.30am	Tai Chi	Jane Trevitt
10.45am – 11.45am	Pilates	Joy Pearman
6.30pm – 7.30pm	Body Pump	Ed Trafford
Tuesday		
9.30am – 10.30am	Body Balance	Ruth Mason
6.30pm – 7.30pm	Body Balance	Tamara Bailey
7.30pm – 8.30pm	CardioVibe	Tamara Bailey/Louise Pinnell
Wednesday		
10.00am – 11.00am	Step	Joy Pearman
7.00pm – 8.00pm	Boxercise	Ed Trafford
8.00pm – 9.00pm	Belly Dancing	Joy Simmonds
Thursday		
9.30am – 10.30am	20/20/20	Sue Gardner
1.30pm – 3.30pm	50+ (60min Class/60 min Sports Play)	Joy Pearman
6.30pm – 7.30pm	Pilates	Joy Pearman
7.30pm – 8.30pm	Step	Joy Pearman
Friday		
6.00pm – 7.00pm	Body Pump	Ed Trafford
7.00pm – 8.00pm	Body Balance	Ruth Mason
Saturday		
9.30am – 10.30am	Body Pump	Ed Trafford

