

Stourbridge Lawn Tennis and Squash Club



Class Timetable 2012

Circuit Training:

Monday	10.00-11.00
Wednesday	10.00-11.00
Friday	17.30-18.30
Saturday	09.30-10.30

Jon Hope

Zumba

Monday	6.30 – 7.30
Thursday	1.30 – 2.30

Power Yoga:

Thursday	10.00-11.00
----------	-------------

Karen Harper

Pilates:

Wednesday	18.30-19.30
Friday	13.45-15.00

Karen Adams