**Janet Hanspal - Weekly Group Fitness Class Timetable January 2019**

**ALL classes at Copthorne Jubilee Sports Pavilion, The Fitness Hub & Acorns Club, Copthorne are ‘Pay as you go’ classes £5.00 per class, NO membership required.**

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| Monday |  |  |  |  |  | PIYO  **18.30-19.15**  Copthorne Sports Pavilion | HIIT  **19.30-20.15**  Copthorne Sports Pavilion |  |
| Tuesday |  |  |  |  |  | AQUA  **18.15-19.00**  Chartham Park |  |  |
| Wednesday |  | PRIMETIME  **9.15-10.00**  Acorns Club, Copthorne | AQUA  **10.15-11.00**  Acorns Club, Copthorne |  |  |  |  |  |
| Thursday |  |  |  | PIYO  **11.00-12.00**  Chartham Park |  |  | PIYO  **19.00-20.00**  Chartham Park |  |
| Friday |  | PIYO  **9.15–10.00**  Copthorne Sports Pavilion | 50+ LBT  **10.15–11.00**  Copthorne Sports Pavilion |  |  |  |  |  |
| Saturday |  | PIYO  **9.30-10.15**  Chartham Park |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |  |