**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.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |  |  |  |