














## Momentum classes: Summer 2010

Aerobic classes are 'free' for gym members 

Please note that these classes run until 31 August 2010

New reduced rates and 'pay as you go' option available on all classes

Tues	2.00pm–3.00pm	Muaythai Conditioning			Ricky
Wed	1.00pm–2.00pm	Pilates(all) NB: at Kingston Hill Drama Hall			Bryony
	2.00pm–3.00pm	Muaythai Conditioning			Ricky
	8.15pm–9.45pm	Self Defense (Aikido)*			Fernando
Thurs	1.00pm–2.00pm	Hatha Yoga (staff only)			Tina
	8.00pm–9.30pm	Capoeira*			Marcus
Fri	12.30pm–1.00pm	Fab Abs			Adam
	1.00pm–1.45pm	Power Pump			Adam

\*Self-defense and Capoeira classes are privately run. However, they are still open to students and staff, at the same rate as all other classes on the Momentum Programme. Please make payments directly to instructor.

 Low Impact  Medium Impact  High Impact  Aerobic  Dance