



Inspiring a healthy community, investing in learning

EXERCISE CLASS TIMETABLE

MONDAY	Aqua Aerobics	08:30—09:15
	Trapeze Yoga	18:00—18:45
	BoxFit	19:00—19:45
	Trapeze Yoga	20:00—20:45
TUESDAY	Circuits	07:00—07:45
	Hatha Yoga*	18:00—19:00
	Step Aerobics	19:00—20:00
WEDNESDAY	Aqua Aerobics	08:30—09:15
	Zumba	18:00—19:00
	Clubbercise	19:15—20:15
THURSDAY	Aqua Zumba	18:00—18:45
	Barbell Workout	19:00—20:00
SATURDAY	Kettlebells	09:00—09:45




£6 per class or a monthly all inclusive membership is available for £36

Profits are re-invested into the TACT (Families) schools for the benefit of the children, their families and the community

Booking for classes is available through our online booking system which can be accessed via our website:
<https://www.aylshamhigh.com/exercise-classes>

*Hatha Yoga class attendees who will be also attending Step Aerobics are advised to finish Hatha Yoga 15mins early, prior to the deep relaxation part of the session, in order to prepare for the Step Aerobics class.

Please contact Aylsham Sports Hub for more information on 01263 738966
 Email: memberships@aylshamsportshub.co.uk  Aylsham Sports Hub
 Aylsham High School, access via Bure Meadows Estate, NR11 6FN