








AUTUMN CLASS TIMETABLE PARADISE WALK 17 CROUCH HILL N4 020 7272 6857 www.paradisewalk.com

	7.30	10.00	10.30	1.00	5.30	6.30	7.00	7.30
MONDAY Open 7am Close 10pm <i>Off Peak</i> 7am – 6pm		Wake Up & Shape Up Sharon ALL LEVELS 				Hi/Low Impact ALL LEVELS Sharon		
TUESDAY Open 7am Close 9.15pm <i>Off Peak</i> 7am – 6pm		Weight Loss Special With Tina ALL LEVELS 			Body Conditioning Sharon ALL LEVELS	<i>Attack those extra pounds with Hi/Lo Aerobics!</i> Alison ALL LEVELS		NEW CLASS Zen Yoga Justine ALL LEVELS
WEDNESDAY Open 7am Close 10pm <i>Off Peak</i> 7am – 6pm				Body Workout Sharon ALL LEVELS 		Studio Cycling Sharon ALL LEVELS		CIRCUIT Sharon ALL LEVELS
THURSDAY Open 7am Close 9pm <i>Off Peak</i> 7am – 6pm		10.15 Fat Burn Step & Tone Sharon ALL LEVELS 		Lunchtime Special Sharon ALL LEVELS 	Hips, Thighs & Tums Sharon ALL LEVELS		Vinyasa Flow Yoga Elisa ALL LEVELS	
FRIDAY Open 7am Close 8.30pm <i>Off Peak</i> 7am – 6pm		Body Sculpture Natasha ALL LEVELS 			Body Conditioning Sharon ALL LEVELS			
SATURDAY Open 8.30am Close 5pm <i>Off Peak</i> 12pm – 5pm	9.30 Wake Up & Shape Up Sharon ALL LEVELS	11.00 Aerobics with Tina All Levels	12.00 Basic Step & Tone with Tina All Levels	1pm Body Conditioning Sharon ALL LEVELS 	RUNNING CLUB <i>Meet at reception</i> Beginners: Saturday 10.30am with Sharon YOGA/PILATES/DANCE Available to friends and non-members at £8 per class £70 for course of 10 classes (inc. shower/sauna/ steam room). Classes are in shaded boxes.			
SUNDAY Open 8.30am Close 5pm <i>Off Peak</i> 1pm – 5pm Includes 10am yoga	9.00 Fitness Pilates Tina Beginners		12.00 Body Conditioning Sharon ALL LEVELS		 You can bring your baby to any class with this symbol. Available to friends and non-members at £8 per class £70 for course of 10 classes (inc. shower/sauna/ steam room).			