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BWLewes



Christine Ash @bodyworkshopgym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7.45 am Wake up & workout		7.45 am Wake up & workout			
9.30 am Aerobic circuit	9.30 am Cardio sculpt	9.30 am Circuit Training	9.30 am Zumba	9.30 am Choreographed Step	9.30 am Sweat & step	9.30 am Sweat & step
	10.30 am Pilates matwork	10.40 am Pilates matwork	10.45 am Pump it up	10.45 am *Pole Fitness	10.35 am Zumba	10.30 am Circuit
	5.45 pm Pump it up				11.45 am Pole Fitness	11.45 am *Pole Fitness
5.45 pm Step	6.30 pm Cardio sculpt	6.00 pm Legs bums and tums	6.00 Zumba	5.45 pm Cardio sculpt		
7.00 pm Pilates matwork	7.30 pm Legs bums and tums	7.00 pm Zumba		6.45 pm *Pole Fitness		
8.00 Pole Fitness	8.30 pm Pole Fitness	8.00 pm Pilates matwork	8.00 pm Pilates matwork	8.00pm Capaoira (Manu)		

**Pole dancing classes require booking in advance - booking and prices available from reception*

PRICE LIST

Unlimited classes and gym per year	£420	Unlimited gym per year	£280
Super block (20 floating classes)	£93	Gym induction	£10
Floating block (10 floating classes)	£50	Gym single session	£5
Single class	£6.00	Gym student single session	£4.50
Student floating block	£46	Gym floating block	£45
Student single class	£5.00	Gym student block of 10 sessions	£40
Personal programme	£15	Gym non member single session	£5.50
Membership (pro rata Jan)	£20	Student membership (pro rata)	£15
Monthly standing order	£43	Gym monthly standing order	£30
Sun-bed	£7	Non member class supplement	.50p
Sauna	£4	Pole Class	£10

- ❖ Standing order payment facility available -please ask for details
- ❖ Membership charges pro-rata throughout the year - new members always welcome
- ❖ Annual subscriptions include membership and induction
- ❖ Family membership available and personal training - please ask for details
- ❖ A block booking is paid in advance and guarantees a place for ten successive weeks (excluding Body Workshop closures and public holidays) and is recorded into the class register. To keep prices to a minimum and encourage regular attendance there will be no refunds or credits, unless in the case of serious illness
- ❖ Floating blocks must be used within 12 weeks of first class, but can be used at any class

Christine Ash 2.10.12

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