



Please keep this card for reference

CRÉCHE

Monday to Friday 9.30am - 12.00pm

Please book at reception.

From 13/05/2011

SWIMMING ACTIVITIES

The pool will be closed between these times

PLEASE NOTE ALL SESSIONS MUST BE PRE-BOOKED

Monday

● SWIMMING LESSONS10.00 - 12.00

Tuesday

● AQUACISE9.30 - 10.15

Wednesday

● SWIMMING LESSONS12.45 - 2.45

Thursday

● AQUACISE9.30 - 10.15

Friday

● SWIMMING LESSONS9.30 - 11.30

● SWIMMING LESSONS4.00 - 6.00

Saturday

● SWIMMING LESSONS8.30 - 10.30

Call The Swim School Academy: 023 8061 4078

or Abshot: 01489 573936.

Private 'one to one' swimming lessons available.



CLASS TIMETABLE

OPENING TIMES

Monday - Friday 7am - 10pm

Saturday - Sunday 8am - 8pm

Little Abshot Road, Titchfield Common, Fareham, Hampshire PO14 4LN
t: 01489 573936 e: info@abshotcountryclub.com

www.abshotcountryclub.com

Monday

- **CIRCUIT TRAINING** 09.30 - 10.30 Mixed Ability
- **LOW IMPACT AEROBICS** 10.45 - 11.30 Beginner & Over 50's
- **LUNCH TIME SPIN** 12.30 - 13.30 Mixed Ability
- **KHAI BO** 18.15 - 19.15 Mixed Ability
- **SPINNING** 18.30 - 19.30 Mixed Ability
- **BOXERCISE** 19.15 - 20.15 Mixed Ability

Tuesday

- **AQUACISE** 09.30 - 10.15 Mixed Ability
- **ABS & TONE** 09.30 - 10.30 Mixed Ability
- **YOGA** 10.30 - 12.00 Mixed Ability
- **FIGHT FITNESS** 17.30 - 18.30 Mixed Ability
- **AEROBICS** 18.30 - 19.15 Mixed Ability
- **JUST ABDOMINALS** 19.15 - 19.45 Mixed Ability
- **SPINNING** 19.00 - 20.00 Advanced
- **BODY TONE** 19.45 - 20.45 Mixed Ability

Wednesday

- **SPIN & STRENGTH** 09.30 - 10.30 Mixed Ability
- **KETTLE BELL** 09.30 - 10.30 Intermediate
- **CIRCUIT TRAINING** 10.45 - 11.30 Beginner & Over 50's
- **CIRCUIT/BOXERCISE** 12.00 - 13.00 Mixed Ability
- **PILATES** 17.15 - 18.15 Mixed Ability
- **BALL & STEP CONDITIONING** (no choreography required) 18.30 - 19.30 Mixed Ability
- **CIRCUIT TRAINING** 19.30 - 20.30 Mixed Ability

Thursday

- **BODY TONE** 09.30 - 10.30 Mixed Ability
- **AQUATONE** 09.30 - 10.15 Mixed Ability
- **SPINNING** 09.30 - 10.30 Mixed Ability
- **PILATES** 10.45 - 11.45 Mixed Ability
- **PILATES** 11.50 - 12.50 Mixed Ability
- **SPIN & STRENGTH** 18.30 - 19.30 Mixed Ability
- **KETTLE BELL** 18.30 - 19.00 Mixed Ability
- **ZUMBA** 19.00 - 20.00 Mixed Ability
- **FIGHT FITNESS** 20.00 - 21.00 Mixed Ability

Friday

- **BALL & STEP CONDITIONING** 09.30 - 10.30 Mixed Ability
- **STEP & TONE** 10.45 - 11.30 Beginner & Over 50's
- **CIRCUIT TRAINING** 18.30 - 19.30 Mixed Ability

Saturday

- **SPINNING** 09.30 - 10.30 Mixed Ability
- **BALL & STEP** 09.30 - 10.30 Mixed Ability

Sunday

- **PILATES** 09.30 - 10.30 Mixed Ability
- **TENNIS LESSON** 14.00 - 15.00 Mixed Ability
£3.50 additional charge
- **FIGHT FITNESS** 10.30 - 12.00 Mixed Ability