

	Studio	Timetable	July	2010	
Day	Time	Class	Instructor	Place	Level
Monday	09:15 – 10:00	Pilates	Karen	Studio	All
	10:15 – 11:00	Aquacise	Paula	Pool	All
	18:00 – 19:00	Total Body Cond.	Maria M	Studio	2
	19:30 - 21:00	£ Polepeople	Lucy	Studio	All
Tuesday	*09:15 10:15	Pilates	Karen	Studio	All
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	12:30 – 13:15	Body Blast	Karen	Studio	All
	18:00 – 19:00	Boxercise Circuit	Gym Team	Studio	All
	19:30 – 21:30	£ Polepeople	Lucy	Studio	All
Wednesday	10:15 – 11:00	Aquacise	Maria W	Pool	All
	11:30 – 12:30	Tankers Private	Staff	Studio	All
	12:30 – 13:15	CV Training	Staff	Studio	All
	18:00 – 19:00	Salsaerobic	Margarete	Studio	All
	20:00 – 21:00	Hatha Yoga	Anthea	Studio	All
Thursday	*08:15 – 08.45	Ab Blast	Staff	Studio	All
	09:00 – 10:00	Private Pilates	Karen	Studio	All
	10:15 – 11:00	Aquacise	Paula	Pool	All
	10:15 – 11:15	Pilates	Mike	Studio	2
	11:15 – 12:15	Pilates	Mike	Studio	1
	18:15 – 19:00	Belly dancing	Norsheen	Studio	All
	19:15 – 20:15	Pilates	Inta	Studio	All
Friday	09:00 – 10:00	Private Aquacise	Karen	Pool	All
	10:15 – 11:00	Aquacise	Maria M	Pool	All
	11:30 – 12:30	Tankers Private	Staff	Studio	All
	12:30 – 13:15	CV Training	Staff	Studio	All
	14:00 – 15:00	Private Class	Sangeeta	Studio	All
Saturday					
	09:45 – 10:45	Pilates	Inta	Studio	All
	11:00 – 11:45	Legs,Bums,tums	Gym Team	Studio	All
Sunday	*09:00 09:30	Ab Blast	Staff	Studio	All
	12:00 – 13:00	Hatha Yoga	Danai	Studio	2

All Staff Classes must be pre-booked – min 4 people .

£ Pay as you go class

Children's Timetable

Day	Time	Class	Age
Monday	11:15 – 12:15	£ Baby Nature (Pool)	6mths – 3 yrs
	14:45 – 15:45	£ Sing and Sign	6mths +
	16.00 – 18.00	£ WLS D Ballet	3 yrs +
Tuesday	09:15 – 11:15	£ Baby Nature (Pool)	6mths – 3 yrs
	15.00 – 18.00	£ WLS D Ballet	3 yrs +
Wednesday	09:30 – 10:30	£ Greek Playgroup	Mixed Ages
	14:00 – 17:00	£ Monkey Music	Mixed Ages
Thursday	11:15 – 12:15	£ Baby Nature (Pool)	6mths – 3yrs
	15.45 – 17.30	£ WLS D Ballet	3 yrs +
Friday	11:15 – 12:15	£ Baby Nature (Pool)	6mths – 3yrs
	16.00 – 18.00	£ WLS D Ballet	3 yrs +
Saturday			
Sunday	09:00 – 10:30	£ Baby Nature (Pool)	6mths – 3yrs
	10.00 – 11.00	£ Greek playgroup	Mixed Ages
Need more information?		Please Feel free to contact us...	
Swimming Nature		08700 949597	www.swimmingnature.co.uk
Sing & Sign		020 76398038	www.singandsign.co.uk
Monkey Music		020 87679827	www.monkeymusic.co.uk
WLS D		020 87433856	thewestlondonschoolofdance
Kick Boxing – Jamal		07919 031825	www.zkkc-london.com
Pole People		020 77377447	www.polepeople.co.uk
Greek Dancing		07905737519	elapame.webs.com
<p>Please send any comments and suggestions to studio@sarova.co.uk</p> <p><u>Most Children's Programmes Break For Summer Term on July 18th 2010</u></p>			

Class Descriptions

Body Conditioning

Great toning, strengthening & sculpting your body into shape, using a variety of exercises & equipment.

- **Total Body** – An energetic solution to body conditioning by using your own body weight or small pieces of equipment such as hand weights & resistance bands.
- **Body Blast** - Designed to tone & condition muscles while raising metabolic rate for rapid fat burning. Body Sculpt is supposed to be proven to be the world's fastest way to get in shape.
- **Circuit / CV Training** – A fun multi-stationed class format designed to challenge your cardiovascular ability as well as your muscular endurance.
- **Ab Blast** – 30 mins of pure work focused on the abdominal area!!

Body & Mind

Good for improving posture, body awareness & developing elements of concentration and mind and body to connect.

- **Hatha Yoga** - A combination of physical exercises and postures, breathing techniques & meditation; provides a balanced & wholesome approach to achieving perfect physical and mental health, happiness and tranquillity.
- **Pilates** classes incorporate stretching & strengthening moves focusing on core muscles, improving alignment & increasing body awareness.

Calorie Burning

Classes designed to burn calories, body fat & improve overall fitness.

- **Legs,Bums&Tums & Power Stretch** - A core and lower body toning workout set to motivational music for all ages and abilities. Followed by some great stretches to relax the body.
- **Salsaerobics** – A Fitness dance class with a Latin flavour for men and women.
- **Belly Dancing** – A Fitness Dance class with an Oriental feel to tone up the core region.
- **Aquacise & Funky Aquafit** – A fun class that is both fat burning & body conditioning, using the water as resistance. **Polepeople** - Pole dancing classes are for women who'd like to learn to pole dance to get fit, have fun and learn a new, confidence-boosting skill!

Body Combat

Non-contact stress busters to improve confidence and energy levels

- **Kick Boxing** - A general fitness class using martial arts moves and boxing punches to deliver a whole body workout

Children

- **Baby Nature** - Introduce your baby to the water with a class, to give them the confidence in the water. Key life skills your baby will learn include floating on their back unaided, kicking to the surface, turning round & holding onto the nearest object. This great class also leads to greater mental alertness and improved co-ordination in your child's early years



Beauty Offer July 2010

**Spray Tan offer
£20.00
For the month of July 2010!!!!**