

# Childrens Timetable

Day	Time	Class	Instructor	Place	Level
<b>Monday</b>	08:00 – 08:45	CV Training	Staff	Studio	All
	10:15 – 11:00	Aquacise	Paula	Pool	All
	18:00 – 19:00	Total Body Cond.	Maria M	Studio	All
	19:30 - 21:00	£ Polepeople	Sam	Studio	All
<b>Tuesday</b>	08:00 – 08:45	CV Training	Staff	Studio	All
	12:30 – 13:15	Bodybar Resist	Karen	Studio	All
	18:00 – 19:00	Legs,Bums&Tums & Power Stretch	Karen	Studio	All
	19:30 – 20:30	Hatha Yoga	Anthea	Studio	All
	20:30 – 21:30	Private Class	Jenni	Studio	All
<b>Wednesday</b>	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	Salsa	Margarete	Studio	All
	19:00 – 20:00	£ Kick Boxing	Jamal	Studio	All
<b>Thursday</b>	08:00 – 08:45	CV Training	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
	18:00 – 19:00	Bellydancing	Fran	Studio	1
	19:15 – 20:15	Pilates	Inta	Studio	All
	20:15 – 21:15	Private Class	Jenni	Studio	All
<b>Friday</b>	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
	18:15 – 19:15	Private Class	Staff	Studio	All
<b>Saturday</b>	09:00 – 09:45	CV Training	Staff	Studio	All
	09:45 – 10:45	Pilates	Manuela	Studio	All
	11:00 – 11:45	Legs,Bums,tums	Karen	Studio	All
<b>Sunday</b>	10:00 – 10:45	CV Training	Staff	Studio	All
	12:45 – 13:45	Hatha Yoga	Danai	Studio	2

**Classes must be pre-booked**

**£ Pay as you go class**

Day	Time	Class	Age
<b>Monday</b>	11:15 – 12:15	£ Baby Nature (Pool)	6mths – 3 yrs
	16:00 – 18:00	£ WLSB Ballet	3 yrs +
	16:00 – 18:00	£ Junior Swim Lessons	3yrs +
<b>Tuesday</b>	09:45 – 12:15	£ Baby Nature (Pool)	6mths – 3 yrs
	15:00 – 18:00	£ WLSB Ballet	3 yrs +
<b>Wednesday</b>	09:30 – 10:30	£ Greek Dancing	Mixed Ages
	11:15 - 12:15	£ Baby Nature (Pool)	6mths - 3yrs
	14:00 – 17:00	£ Monkey Music	Mixed Ages
<b>Thursday</b>	11:15 – 12:15	£ Baby Nature (Pool)	6mths – 3yrs
	15.45 – 17.30	£ WLSB Ballet	3 yrs +
<b>Friday</b>	11:15 – 12:45	£ Baby Nature (Pool)	6mths – 3yrs
	14.00 -- 16:00	£ Sing and Sign	6mths +
	16.00 – 18.00	£ WLSB Ballet	3 yrs +
<b>Saturday</b>	11:00 – 12:00	£ Baby Nature (Pool)	6mths – 3yrs
<b>Sunday</b>	11:00 – 12:00	£ Baby Nature (Pool)	6mths – 3yrs

**Need more information?**

**Please Feel free to contact us...**

<b>Swimming Nature</b>	08700 949597	www.swimmingnature.co.uk
<b>Sing &amp; Sign</b>	020 76398038	www.singandsign.co.uk
<b>Monkey Music</b>	020 87679827	www.monkeymusic.co.uk
<b>WLSB</b>	020 87433856	www.wlsd.org
<b>Kick Boxing – Jamal</b>	07919 031825	www.zkkc-london.com
<b>Pole People</b>	020 77377447	www.polepeople.co.uk

Please send any comments and suggestions to [studio@sarova.co.uk](mailto:studio@sarova.co.uk)

## 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 Bar resistance** - 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.

### 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.
- **Salsa** – 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. In 'Funky Aquafit' we add in some music. Stay for a further calorie-burning workout with a 15-minute **Aqua-Sculpt** where we incorporate dumbbells for sculpting your body.
- **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

- **Boxercise / CV Training** - Based on the training concepts boxers use to get fit and prepare for combat. Suitable for men and women of all ages and fitness standards
- **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



health and fitness



Timetable Oct 2009