

Stourbridge Lawn Tennis and Squash Club



Class Timetable

Circuit Training

Jon Hope

Monday	10.00am-11.00am	gym members only
Wednesday	10.00am-11.00am	gym members only
Friday	5.30pm-6.30pm	gym members only
Saturday	9.30am-10.30am	gym members only

50/50 Circuits

Lola Chater

Monday	6:30 – 7:30pm	gym members only
Thursday	10.30am-11.30am	gym members only

Body Conditioning

Lola Chater

Tuesday	9.30am-10.30am	free for gym members, £2 for rackets members
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Yoga

Emma Cartwright

Monday	11.15 am to 12.15pm	open to all - fee payable
Thursday	9.45am-10.45am	open to all - fee payable

Pilates

Karen Adams

Friday	1.30pm-2.30pm	open to all - fee payable
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Cardio Blast

Jon Hope

Tuesday	7pm-8pm	gym members only
Wednesday	6pm-7pm	gym members only