

# THE BUCHANAN CLUB

|            | <u>TIME</u>      | <u>CLASS</u>      | <u>LOCATION</u> |
|------------|------------------|-------------------|-----------------|
| MONDAYS    | 9:30 - 10:30 AM  | CIRCUIT TRAINING  | COURT 1         |
|            | 9:30 - 10:15 AM  | WATER AEROBICS    | POOL            |
| TUESDAYS   | 10:00 - 11:00 AM | LEGS, BUMS & TUMS | COURT 1         |
|            | 2:30 - 5:30 PM   | SWIMMING LESSONS  | POOL            |
|            | 7:00 - 8:00 PM   | YOGA              | COURT 2         |
| WEDNESDAYS | 10:00 - 11:00 AM | PILATES           | COURT 2         |
|            | 4:00 - 6:30 PM   | SWIMMING LESSONS  | POOL            |
|            | 7:00 - 8:00 PM   | CIRCUIT TRAINING  | COURT 1         |
| THURSDAYS  | 11:00 - 12:00 AM | YOGA              | COURT 2         |
|            | 7:00 - 7:45 PM   | WATER AEROBICS    | POOL            |
|            | 7:00 - 8:00 PM   | PILATES           | COURT 2         |
|            | 8:00 - 9:00 PM   | LEGS, BUMS & TUMS | COURT 1         |
| SATURDAYS  | 9:00 - 12:00 PM  | SWIMMING LESSONS  | POOL            |

MEMBERS FREE  
(DEPENDING ON M-SHIP TYPE)

NON MEMBERS £4.00