

2012 Class Timetable

Lunchtime classes free to members, evening classes from £3

Non-members £3 per class

To book for Boxercise contact 07759311655 or alisoncivil@gmail.com

To book for Aqua Zumba contact Jo – pompeyzumba@hotmail.co.uk

**by referral only



023 9228 3333 oasis@porthosp.nhs.uk

www.oasiswellnesscentre.org.uk

Monday	**Pre Op Health 0730-0830	**Pre Op Recovery 0900-1000	**Aqua (Silver) £4 1100-1145	**Fit for Work 1115-1215	Aqua Aerobics 1215-1245		Aqua Aerobics 1800-1845
Tuesday		Pre Natal Aqua 1000-1045 £4	Post Natal Aqua 1045-1130 £4	Walking Group 1230-1300		Yoga - Suresh 1715-1815	Boxercise 1830-1915 10/1/2012
Wednesday				Circuits 1300-1330	**Aqua (Silver) £4 1800-1845	Legs Bums Tums 1800-1900	Aqua Aerobics 1900-1945
Thursday		GBall Swim School 1000-1100				Boxercise 1800-1845 12/1/2012	Zumba £5 1900-1945
Friday		Aqua Zumba 1000-1045 24/2/12	**Aqua (Silver) £4 1100-1145	Abs Blast 1215-1245			GBall Swim School 1600-1800
Saturday		GBall Swim School 0900-1100					
Sunday		GBall Swim School 0930-1130					