

DIMENSION FITNESS TIMETABLE

At HTC we offer a fantastic selection of fitness classes - something for all abilities!

All classes are run by fully qualified instructors. Get Fit at HTC!

MONDAY					
Summer Tennis & Table Tennis Club Daily April to September	All levels	Tennis Courts & Outdoor Tables	Mon-Fri: 6pm-dusk Sat-Sun: 10am-4pm	Season membership: £15 each or £50 family	All ages
Tennis Club Night	All levels	Tennis Courts	6pm April to Sep	Members welcome	All ages
Zumba	All Levels	Barton Hall	7-8pm	£5	Over 16s
Last Chance Workout	All levels	Gym	7-8pm	£4	All ages
Chen Style Tai Chi	All levels	SF14	7.15-8.15pm	£5 per session	All ages
Horndean School Badminton Club	All levels	Sports Hall	8-10pm	£5 or £60 for half a year	Over 16s
TUESDAY					
Pilates (bring mat, water)	All levels	Committee Room	9.30-10.30am	£30 for 5 weeks, or £7	Over 16s
Interactive Gym & Spin (Drop in)	All levels	Interactive Gym	5.15-6.15pm	£3	All ages
Boot Camp	All levels	Field/Old Hall	6-7pm	£5	18+
Accent Dance Academy	All levels	Gym	6-7pm	£5	8 to 16 yrs
Football for ladies & girls	All levels	Gym	7-8.30pm	£25 per month	All ages
Adult Tap Dance	2 yrs needed	Drama Studio	7-8pm (term time)	£4	Over 18s
Shortmat Bowls Club	All levels	Barton Hall	6.30-9.30pm	£10 then £2	18-70+
WEDNESDAY					
Walking Netball	All levels	Sports Hall	5-7pm	£3	Over 18s
Taiho Jutsu (Martial Arts, term time)	All levels	Gym	3.05-5pm	£2 (Under 15s) £3 (16+)	8yrs+
Yoga (bring mat/water/blanket)	All levels	SF14	7-8pm	£35 for 5 sessions	18+
Pilates (term time only)	All levels	SF11	7.30-8.30pm	£40 for 8 sessions	18+
Alma Mater Badminton Club	Intermediate	Sports Hall	8-10pm	Fee applies	All ages
THURSDAY					
Interactive Gym (Drop in)	All levels	Interactive Gym	5-6pm	£3	All ages
Cheerleading	All levels	Old Hall	5.15-7pm	£5	Under 16s
Circuit Training	Intermediate	Gym	6-7pm	£5	Over 16s
Badminton Club	All levels	Sports Hall	7-8.30pm	£5	Over 16s
FRIDAY					
Over 50's Interactive Gym	All levels	Interactive Gym	10.15-11.05am	£1.50 (term time only)	Over 50s
Concorde Gymnastics Club (Plus coaching scheme available)	All levels	Gym	6.30-8pm 6.30-9pm	£5 per week (plus £30) £6 per week (annual fee)	4 to 8yrs Over 8yrs
SATURDAY					
Interactive Gym drop in session	All levels	Interactive Gym	8.15-9.15am	£3	All ages
Accent Dance Academy (Freestyle fast, slow and street dance)	All levels	Old Hall	9.30-10.30am	£5	8 to 16yrs
South Hants Volleyball Club	All levels	Sports Hall	11am-1pm	£2	10-18yrs
Walking Football	All levels	Astro Pitch	1-2pm	Free	Over 18s
SUNDAY					
Table Tennis Club Afternoon	All levels	Outdoor Tables	From 1pm	Members welcome	All ages
Rugby Tots	All levels	Gym	9-10.30am	£7 per class in advance	2-5yrs