

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 Scheme Tennis Club Night: members welcome	All levels	Tennis Courts 6pm start	4.30-7.30pm April to Sep	£15 per membership £50 family membership	All ages
Zumba	All Levels	Barton Hall	7-8pm	£5	Over 16's
Last Chance Workout	All levels	Gym	7-8pm	£4	All ages
Horndean School Badminton Club	All levels	Sports Hall	8-10pm	£5 or £60 for half a year	Over 16's
TUESDAY					
Interactive Gym & Spin (Drop in)	All levels	Interactive Gym	5.15-6.15pm	£3	All ages
Accent Dance Academy (Freestyle fast, slow and street dance)	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
WEDNESDAY					
Interactive Gym (Drop in)	All levels	Interactive Gym	6.45-7.45am	£3	All ages
Taiho Jutsu (Martial Arts)	All levels	Gym	3.05-5pm (term time only)	£2 (15yrs and under) £3 (16yrs+)	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
Circuit & Boot Camp	Intermediate	Gym	6-6.50pm	£5	Over 16's
Badminton Club	All levels	Sports Hall	7-8.30pm	£5	Over 16's
FRIDAY					
Over 50's Interactive Gym	All levels	Interactive Gym	10.15-11.05am	£1.50 (term time only)	Over 50's
Summer Tennis Scheme	All levels	Tennis Courts	4.30-7.30pm April to Sep	£15 per membership £50 family membership	All ages
Concorde Gymnastics Club	All levels	Gym	6.30-8pm 6.30-9pm	£5 per week £6 per week Plus annual fee £30	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
Summer Tennis Scheme	All levels	Tennis Courts	10am-4pm April to Sep	£15 per membership £50 family membership	All ages
SUNDAY					
Summer Tennis Scheme	All levels	Tennis Courts	10am-4pm April to Sep	£15 per membership £50 family membership	All ages
Rugby Tots	All levels	Gym	9-10.30am	£7 per class in advance	2-5yrs