

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!
 Please email or phone to enquire about classes. Private hire also available.

MONDAY

Boot Camp Ryval Fitness	All levels	Gym	AM: 6.15-7am PM: 5.45-6.30pm	£10 or membership	Over 16s
Outdoor Tennis - coming soon!					
Netball MNNC	All levels	Sports Hall/Tennis	7-8pm	£3	All ages
Horndean Badminton Club	All levels	Sports Hall	8-10pm	£5 or £60 (6 months)	Over 16s

TUESDAY

Boot Camp Ryval Fitness	All levels	Field/Old Hall	5.45pm or 6.45pm	£10 or membership	Over 18s
Adult Tap Dance	2 yrs needed	Drama Studio	7-8pm (term time)	£4	Over 18s
Taiho Jutsu (Martial Arts, term time)	All levels	SF Block	7-8pm	£3.50 (U15s) £4.50 (16+)	8yrs+

WEDNESDAY

Yoga	Beginner	SF11	7 - 8pm	£5 pre-booked	18+
Boot Camp Ryval Fitness	All levels	Gym	6.15-7am	£10 or membership	Over 16s
Taiho Jutsu (Juniors Club, term time)	All levels	Gym	3.05-5pm	£2.50	8-15 yrs
Taiho Jutsu (Martial Arts, term time)	All levels	Gym	6.30-8pm	£3.50 (U15s) £4.50 (16+)	8yrs+
Walking Netball	All levels	Sports Hall	5-7pm	£3	Over 18s
Walking Football	All levels	Astro Pitch	Contact for info	By prior arrangement	18+
Clubbercise	All levels	SF Block	7.15-8pm	£6 prior arrangement	18+
Alma Mater Badminton Club	Intermediate	Sports Hall	8-10pm	Fee applies	All ages

THURSDAY

Boot Camp Ryval Fitness	Intermediate	Gym	5.45pm or 6.45pm	£10 or membership	Over 16s
Table Tennis - Enquire to join	All levels	Old Hall	7-8pm	£5	Over 16s
Indoor Tennis (HTC touchtennis)	All levels	Sports Hall	8-9pm	£5	Over 16s

FRIDAY

Tchoukball	All levels	Sports Hall	7-8.30pm	£3 per week (1st free)	Under 16s
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SATURDAY

Boot Camp	All levels	Gym	8.15am-9am	£10 or membership	Over 16s
South Hants Volleyball Club	All levels	Sports Hall	10am-12pm	£2	10-18yrs

SUNDAY

Rugby Tots	All levels	Gym	9-10.30am	£7 per class in advance	2-5yrs
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Football sessions are also run by Horndean Hawks, Horndean Youth & Clanfield Football Clubs.

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www.htc-communitydimension.com 02392 599753

