

# Adventure Gym Sessions

February 2012

Contact the Surf-Lines Team to book your place....

Don't forget all of these sessions are FREE to Adventure Gym Members

[www.surf-lines.co.uk](http://www.surf-lines.co.uk)

email: [info@surf-lines.co.uk](mailto:info@surf-lines.co.uk) or Tel: 01286 879001

| Monday                                 | Tuesday               | Wednesday                         | Thursday   | Friday | Saturday   | Sunday   |
|--|-----------------------|-----------------------------------|--|--------|--|--|
|  |                       | 1<br>Iyengar Yoga 6-7.00pm £5.00  | 2<br>New Lunchtime Pilates<br>12-1pm £5.00<br>With Clare Tuck  | 3      | 4<br>Action Kayak 10am<br>2* training series<br>£30.00<br>Stand Up Paddle Boarding<br>1.30pm £25.00  | 5<br>Core strength 9-10am<br>£5.00<br>With Heidi Petch-Jones<br>Running -Touch the tunnel 10am<br>Lake Chase 11am £3.50  |
| 6<br>Boot Camp<br>Heidi - 6-7pm £5.00  | 7                     | 8<br>Iyengar Yoga 6-7.00pm £5.00  | 9<br>New Lunchtime Pilates<br>12-1pm £5.00<br>With Clare Tuck  | 10     | 11<br>Action Kayak 10am<br>2* training series<br>£30.00<br>Stand Up Paddle Boarding<br>1.30pm £25.00 | 12<br>Core strength 9-10am<br>£5.00<br>With Heidi Petch-Jones<br>Running -Touch the tunnel 10am<br>Lake Chase 11am £3.50 |
| 13<br>Boot Camp<br>Heidi - 6-7pm £5.00 | 14<br>Valentines Day! | 15<br>Iyengar Yoga 6-7.00pm £5.00 | 16<br>New Lunchtime Pilates<br>12-1pm £5.00<br>With Clare Tuck | 17     | 18<br>Action Kayak 10am<br>2* training series<br>£30.00<br>Stand Up Paddle Boarding<br>1.30pm £25.00 | 19<br>Core strength 9-10am<br>£5.00<br>With Heidi Petch-Jones<br>Running -Touch the tunnel 10am<br>Lake Chase 11am £3.50 |
| 20<br>Boot Camp<br>Heidi - 6-7pm £5.00 | 21                    | 22<br>Iyengar Yoga 6-7.00pm £5.00 | 23<br>New Lunchtime Pilates<br>12-1pm £5.00<br>With Clare Tuck | 24     | 25<br>Action Kayak 10am<br>2* training series<br>£30.00<br>Stand Up Paddle Boarding<br>1.30pm £25.00 | 26<br>Core strength 9-10am<br>£5.00<br>With Heidi Petch-Jones<br>Running -Touch the tunnel 10am<br>Lake Chase 11am £3.50 |
| 27<br>Boot Camp<br>Heidi - 6-7pm £5.00 | 28                    | 29<br>Iyengar Yoga 6-7.00pm £5.00 |  |        |  |  |