

LOGIK Programme Winter 2018

Monday					
Pilates for Beginners	12.15 – 13.00	5/2/2018	Studio	8 Weeks	£32
Spanish for Beginners part 2- TBC	12.00 – 13.00	5/2/2018	Class room	8 Weeks	£32
Pilates for Improvers	13.05 – 13.50	5/2/2018	Studio	8 Weeks	£32
Spanish for Beginners - TBC	13.00 – 14.00	5/2/2018	Class room	8 Weeks	£32
Spanish for Intermediate - TBC	14.00 – 15.00	5/2/2018	Class room	8 weeks	£32
Insanity for Beginners	17.05 – 17.50	5/2/2018	Cromer Terrace	8 Weeks	£32
Tuesday					
Antenatal Exercise	11.15 – 12.00	6/2/2018	Studio	8 Weeks	£32
Yoga for Improvers with Claire	12.05 – 12.50	6/2/2018	Studio	8 Weeks	£32
French for Beginners (Tuesday & Thursdays)	12.00 – 13.00	6/2/2018	Classroom	8 Weeks	£64
Yoga for Beginners with Claire	13.00 – 13.45	6/2/2018	Studio	8 Weeks	£32
Refreshers French Tuesday & Thursdays	13.00 – 14.00	6/2/2018	Classroom	8 weeks	£64
Holiday Chinese	13.00 – 14.00	6/2/2018	Computer room	8 weeks	£32
Vinyassa Yoga with Chelsey	16.25 – 17.10	6/2/2018	Studio	8 Weeks	£32
German for Beginners	17.15 – 19.15	6/2/2018	Classroom	8 weeks	£64
Tai Chi with Colin	17.15 – 18.15	6/2/2018	Studio	8 Weeks	£40
Body Jam for Beginners	17.15 – 18.00	6/2/2018	Cromer Terrace	8 Weeks	£32
Wednesday					
PIYO for Beginners	12.00 – 12.45	7/2/2018	Studio	8 Weeks	£32
(L4L) Creative Writing	12.00 – 13.00	7/2/2018	Class Room	8 Weeks	L4L
Body Conditioning for Beginners	12.50 – 13.35	7/2/2018	Studio	8 Weeks	£32
Body Pump for Beginners	13.00 – 13.45	7/2/2018	Cromer Terrace	8 Weeks	£32

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(L4L) Creative Writing	13.00 – 14.00	7/2/2018	Class Room	8 Weeks	L4L
Guitar for Beginners	12.00 – 13.00	14/2/2018	Breakout Room – Level 1	8 Weeks	£32
Guitar for Improvers	13.00 – 14.00	14/2/2018	Breakout room – Level 1	8 Weeks	£32
Tai Chi mixed class (previous experience required)	17.15 – 18.15	7/2/2018	Studio	8 Weeks	£40
Creative Writing	17.15 – 18.45	7/2/2018	Class Room	8 Weeks	£52
Thursday					
French for Beginners (Tuesday & Thursdays)	12.00 – 13.00	8/2/2018	Classroom	8 Weeks	£64
Zumba for Beginners	12.00 – 12.45	8/2/2018	Cromer Terrace	8 Weeks	£32
Fit ball Stability	12.00 – 12.45	8/2/2018	Studio	8 Weeks	£50
Refreshers French Tuesday & Thursday	13.00 – 14.00	8/2/2018	Classroom	8 Weeks	£64
Self Defence	13.05 – 13.50	8/2/2018	Studio	8 Weeks	£32
Italian for Beginners	17.15 – 19.15	8/2/2018	Classroom	8 Weeks	£64
Friday					
HIIT	12.15 – 13.00	9/2/2018	Studio	8 Weeks	£32
BLT with Alison	13.05 – 13.50	9/2/2018	Studio	8 weeks	£32

*All courses marked TBC are proposed and can be withdrawn if necessary