

## LOGIK Tasters Winter 2018

<b>Monday</b>					
Pilates for Beginners	12.15 – 13.00	22/1/2018	Studio	45 Mins	£2
Spanish for Beginners part 2 - TBC	12.00 – 12.45	22/1/2018	Class room	45 Mins	£2
Pilates for Improvers	13.05 – 13.50	22/1/2018	Studio	45 Mins	£2
Spanish for Beginners - TBC	13.00 – 13.45	22/1/2018	Class room	45 Mins	£2
Spanish for Intermediate - TBC	14.00 – 14.45	22/1/2018	Class room	45 Mins	£2
Insanity for Beginners	17.05 – 17.50	22/1/2018	Cromer Terrace	45 Mins	£2
<b>Tuesday</b>					
Yoga for Improvers with Claire	12.05 – 12.50	23/1/2018	Studio	45 Mins	£2
Yoga for Beginners with Claire	13.00 – 13.45	23/1/2018	Studio	45 Mins	£2
French for Beginners	12.00 – 12.45	23/1/2018	Classroom	45 Mins	£2
Holiday Chinese	13.00 – 13.45	23/1/2018	Computer room	45 Mins	£2
Refresher French	13.00 – 13.45	23/1/2018	Classroom	45 Mins	£2
Vinyassa Yoga with Chelsey	16.25 – 17.10	23/1/2018	Studio	45 Mins	£2
German for Beginners	17.15 – 18.00	23/1/2018	Classroom	45 Mins	£2
Tai Chi with Colin	17.15 – 18.00	23/1/2018	Studio	45 Mins	£2
Body Jam for Beginners	17.15 – 18.00	23/1/2018	Cromer Terrace	45 Mins	£2
<b>Wednesday</b>					
PIYO for Beginners	12.00 – 12.45	31/1/2018	Studio	45 Mins	£2
(L4L) Creative Writing	12.00 – 13.00	24/1/2018	Class Room	45 Mins	L4L
Body Conditioning for Beginners	12.50 – 13.35	31/1/2018	Studio	45 Mins	£2
Body Pump for Beginners	13.00 – 13.45	24/1/2018	Cromer Terrace	45 Mins	£2
Guitar for Beginners	12.00 – 12.45	24/1/2018	Breakout Room – Level 1	45 Mins	£2

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Guitar for Improvers	13.00 – 13.45	24/1/2018	Breakout room – Level 1	45 Mins	£2
Tai Chi mixed class (previous experience required)	17.15 – 18.00	24/1/2018	Studio	45 Mins	£2
Creative Writing	17.15 – 18.00	24/1/2018	Class Room	45 Mins	£2
<b>Thursday</b>					
Zumba for Beginners	12.00 – 12.45	25/1/2018	Cromer Terrace	45 Mins	£2
Fit ball Stability	12.00 – 12.45	25/1/2018	Studio	45 Mins	£2
Self Defence	13.05 – 13.50	25/1/2018	Studio	45 Mins	£2
<b>Friday</b>					
HIIT	12.15 – 13.00	26/1/2018	Studio	45 Mins	£2
BLT with Alison	13.05 – 13.50	26/1/2018	Studio	45 Mins	£2

\*All courses marked TBC are proposed and can be withdrawn if necessary