

**Course
&
Test Series**



CBSE



ICSE



NTSE



**Banking &
Insurance**



**Central Govt.
Service**



**State Govt.
Services**



**LAW
Entrance**



**MBA
Entrance**



**Railways & Metro
Services**

...many more

abhyasonline.in

Self-Made Assignment - MS Word

Creating Tables in MS Word

Make this Table and save file with the name "Session TimeTable"

- Make table using merge cells and shading in green color.
- Use Cell alignment as shown below.

Ardencote Class & Session Timetable

Monday

Time	Class/Session	Instructor/Organiser	Location
09.00-10.00	Pilates	Jana Szaboova	Dance Studio
10.00-11.00	Gyrokinesis	Judy Herbert	Dance Studio
11.15-12.45	Yoga	Jane Pope	Dance Studio
17.00-17.45	**Total Body Mat Workout**	Jana Szaboova	Dance Studio
18.30-19.30	**Body Toning**	Jana Szaboova	Dance Studio
19.00-21.00	Tennis Club Night	Tony Ackerman	Tennis Court 1

Tuesday

09.00-10.00	Aerobocise	Julie Gilbert	Dance Studio
10.30-11.30	Aerobocise	Julie Gilbert	Dance Studio
18.30-19.15	**KettleSize**	Dan/Jack/Jana	Dance Studio
20.00-21.00	Swing and Salsa Class	Natasha Butler	Dance Studio
20.00-21.00	++Volley Challenge 21s++ (max 8 places)	Bruce Hayball bruce.hayball@hotmail.co.uk	Tennis Court 1

Wednesday

10.00-11.00	Zumba	Gina Francis	Dance Studio
17.00-17.45	**Total Body Mat Workout**	Jana Szaboova	Dance Studio
18.30-19.20	**Body Toning**	Jana Szaboova	Dance Studio

Thursday

10.30-11.30	Pilates	Judy Herbert	Dance Studio
15.45-16.30	Children's Ballroom /Latin (max 6 places)	Natasha Butler	Dance Studio
18.00-18.45	**Legs, Bums and Tums**	Jana Szaboova	Dance Studio
19.00-20.00	**Pilates**	Jana Szaboova	Dance Studio

Friday

09.00-10.00	Aerobocise	Julie Gilbert	Dance Studio
10.30-11.30	Aerobocise	Julie Gilbert	Dance Studio
18.00-19.00	Kick Boxing & Circuits	Ian Hart	Dance Studio

Saturday

09.00-9.45	11 Years plus Ballroom/Latin Class	Natasha Butler	Dance Studio
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