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**Instructors**

- CD - Craig Dark
- CS - Charlotte Spencer
- IS - Ivett Sebestyen
- JP - Jo Pirrie
- MC - Marcia Coles
- NW - Natascha Wolf
- NWH - Nicki White
- PR - Paul Reay
- PW - Paula Whatman
- VE - Vanessa Edgell
- VIRTUAL - Online trainer

(B) = Beginners
(I) = Improvers

**Locations**

VIRTUAL = Studio 1, 1st floor Indoor Sports Centre
HALL = Sports Hall, 2nd floor Indoor Sports Centre
DING = Coombe Dingle Sports Complex

Classes may be subject to change, please check the website for the latest version.

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