

studio

timetable

MONDAY

09.30 - 10.30	Body Pump	Shelley	Studio 1
09.45 - 10.45	Pilates General	Yvonne	Studio 2
10.00 - 10.45	Aqua	Pauline	Pool
10.45 - 11.30	Spinning	Fitness	Spin Studio
11.00 - 12.00	Pilates for Beginners	Yvonne	Studio 2
11.00 - 12.00	Nice and Easy	Pauline	Studio 1
18.30 - 19.30	Body Pump	Kim	Studio 1
18.30 - 19.15	Spinning	Fitness	Spin Studio
19.30 - 20.15	Spinning	Fitness	Spin Studio
19.30 - 20.30	Pilates General	Kim	Studio 2
19.30 - 20.15	Body Attack	Jacqui	Studio 1
20.30 - 21.30	Body Balance	Jacqui	Studio 2

TUESDAY

06.45 - 07.30	Spinning	Fitness	Spin Studio
09.30 - 10.30	LBT (Legs Bums and Tums)	Ruth	Studio 1
09.45 - 10.45	Body Vive	Kate	Studio 1
10.45 - 11.45	Body Balance	Kate	Studio 2
12.30 - 13.15	Aqua	Tina	Pool
18.00 - 18.30	Total Abs	Fitness	Studio 2
18.30 - 19.30	Body Pump	Wayne	Studio 1
19.30 - 20.15	Spinning	Fitness	Spin Studio
19.30 - 20.30	Boxing Club	Richard	Studio 1
20.15 - 21.30	Yoga	Clare	Studio 2

WEDNESDAY

09.30 - 10.30	Body Pump	Shelley	Studio 1
09.45 - 11.00	Yoga	Karen	Studio 2
10.00 - 10.45	Aqua	Vanessa	Pool
10.45 - 11.45	Spinning	Fitness	Spin Studio
11.15 - 12.00	Nice and Easy	Vanessa	Studio 1
12.00 - 12.30	Core Stability	Fitness	Studio 2
18.00 - 18.30	Total Abs	Fitness	Studio 2
18.30 - 19.30	Boxercise	Natasha	Studio 1
18.30 - 19.30	Pilates for Beginners	Pauline	Studio 2
19.30 - 20.30	Step and Tone	Julia	Studio 1
19.30 - 20.15	Aqua	Amanda	Pool
19.30 - 20.15	Spinning	Fitness	Spin Studio
20.30 - 21.30	Body Balance	Amanda	Studio 2

THURSDAY

06.45 - 07.30	Spinning	Fitness	Spin Studio
09.30 - 10.30	Dance Aerobics	Caroline	Studio 1
10.30 - 11.15	Spinning	Fitness	Spin Studio
10.30 - 11.30	Pilates General	Janice	Studio
11.30 - 12.30	Total Abs	Fitness	Studio
12.30 - 13.15	Aqua	Stuart	Pool
18.45 - 19.30	Body Jam	Valerie	Studio
18.30 - 19.15	Spinning	Fitness	Spin Studio
19.30 - 20.30	Body Pump	Valerie	Studio 1

FRIDAY

09.30 - 10.30	LBT (Legs Bums and Tums)	Kim	Studio 2
09.30 - 09.45	Body Pump Technique	Amanda	Studio 1
09.45 - 10.30	Body Pump	Amanda	Studio 1
10.00 - 10.45	Aqua	Stuart	Pool
10.30 - 11.30	Body Balance	Kim	Studio 1
10.30 - 11.45	Yoga	Clare	Studio 2
10.30 - 11.15	Spinning	Fitness	Spin Studio
12.00 - 13.00	Pilates General	Michelle	Studio 2

SATURDAY

09.30 - 10.15	Spinning	Fitness	Spin Studio
09.45 - 10.15	Body Pump Technique	Ruth	Studio 1
10.15 - 11.15	Body Pump	Ruth	Studio 1
11.30 - 12.30	Ladies Boxing	Amanda H	Studio 1

SUNDAY

09.30 - 10.15	Spinning	Fitness	Spin Studio
10.00 - 11.15	Yoga	Linda	Studio 2
17.30 - 18.30	All Over Body Workout	Julia	Studio 1

