

## CLASS TIMETABLE

### MONDAY

Time	Class	Instructor
09.30 - 10.15	Studio Cycling	Helen
10.30 - 11.15	Zumba Gold	Jenny
18.00 - 19.00	Les Mills BodyPump	Kate
19.15 - 20.00	Fitsteps	Natalie

### TUESDAY

Time	Class	Instructor
09.30 - 10.30	Les Mills BodyPump	Penny
18.15 - 18.55	Studio Cycling	Vikki
19.30 - 20.30	Pilates	Dave

### WEDNESDAY

Time	Class	Instructor
09.15 - 10.15	Wellbeing Beginner's Yoga	Kate B
18.00 - 18.30	Ab Blast	Emma G
18:40 - 19.30	Boxercise	Emma G

### THURSDAY

Time	Class	Instructor
18.15 - 19.15	Les Mills BodyPump	Andy
19.30 - 20.30	Pilates	Dave

### FRIDAY

Time	Class	Instructor
09.30 - 10.30	Pilates	Kate
18.15 - 19.15	Les Mills BodyPump	Andy

### SATURDAY

Time	Class	Instructor
09.00 - 10.00	Les Mills BodyPump	Penny

### SUNDAY

Time	Class	Instructor
10.00 - 11.00	Les Mills BodyPump	Vikki