

# CLASS TIMETABLE

## MONDAY

Time	Class	Instructor
18.00 - 18.45	Studio Cycling	Helen
18.30 - 19.30	Pilates	Dave

## TUESDAY

Time	Class	Instructor
18.00 - 19.00	Yoga	Elaine

## WEDNESDAY

Time	Class	Instructor
18.00 - 18.45	Total Body Conditioning	Nusrat
19.05 - 20.05	Circuits	Nusrat

## THURSDAY

Time	Class	Instructor
18.00 - 19.00	Pilates	Dave

## FRIDAY

Time	Class	Instructor
18.00 - 19.00	Yoga	Elaine