

CLASS TIMETABLE

MONDAY

Time	Class	Studio	Instructor
09.30-10.30	BodyPump*	S2	Karen
10.00-10.30	Aqua Fit Shallow	MP	Sandra
10.50-11.50	Pilates	S2	Robbie
12.15-13.00	Fitsteps	S2	Natalie
18.00-18.45	Studio Cycling	S1	Sandra
18.00-19.00	BodyCombat*	S2	Jacci
19.30-20.30	Hatha Yoga	S2	Kate

THURSDAY

Time	Class	Studio	Instructor
09.30-10.30	BodyPump*	S2	Penny
10.50-12.00	Yoga Stretch	S2	Elaine
17.30-17.55	Ab Blast	S2	Duncan
18.05-18.50	Thighs Bums Tums	S2	Duncan
19.00-19.45	Express BodyPump*	S2	Duncan
20.05-20.50	Aqua Fit Deep	DP	Sandra
20.00-21.00	Pilates	S2	Robbie

TUESDAY

Time	Class	Studio	Instructor
09.15-10.00	Studio Cycling	S1	Ewa
09.30-10.15	Express BodyAttack*	S2	Duncan
10.35-11.35	(YAH) Body conditioning	S2	Sandra
12.00-13.00	Yoga	S2	Laura
17.30-17.55	Ab Blast	S2	Olga
17.30-18.15	Studio Cycling	S1	Duncan
18.05-18.50	Zumba	S2	Jenny
19.00-20.00	BodyPump*	S2	Martin
20.00-20.45	Aqua Fit Deep	DP	Olga

FRIDAY

Time	Class	Studio	Instructor
09.15-10.00	Express BodyCombat*	S2	Vikki
10.05-10.50	Studio Cycling	S1	Duncan
10.15-11.00	Stretch and Tone	S2	Sandra
12.00-13.00	Yoga	S2	Laura
18.30-19.30	Meta Circuts	S2	Nusrat

SATURDAY

Time	Class	Studio	Instructor
09.00-10.00	BodyCombat*	S2	Vikki
10.10-10.55	Express BodyPump	S2	Vikki

WEDNESDAY

Time	Class	Studio	Instructor
09.30-10.30	Body Blast	S2	Olga
11.00-12.00	Pilates	S2	Penny
12.00-12.45	Aqua Fit Shallow	MP	Sandra
18.00-18.30	HIIT Steps	S2	Mo
18.00-18.45	Studio Cycling	S1	Kate
18.40-19.25	Express BodyCombat*	S2	Jacci
19.00-19.45	Aqua Fit Deep	DP	Olga
19.35-20.35	Yoga	S2	Laura

SUNDAY

Time	Class	Studio	Instructor
08.45-09.45	Pilates	S2	Dave
10.05-11.00	BodyAttack*	S2	Duncan
11.10-11.55	BodyPump*	S2	Duncan

*Les Mills class

If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.