

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