

# CLASS TIMETABLE

## MONDAY

Time	Class	Studio	Instructor
09.30-10.30	BodyPump*	S2	Karen
09.45-10.45	Pre-Op Exercise	S1	Kate
10.00-10.30	Aqua Fit Shallow	MP	Sandra
10.50-11.50	Pilates	S2	Robbie
11.00-12.00	Chair Based Yoga	S1	Kate
12.15-13.00	Fitsteps	S2	Natalie
18.00-18.45	Studio Cycling	S1	Fern
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
10.00-11.00	Refit Strength & Balance	S1	Kate
10.50-12.00	Yoga Stretch	S2	Elaine
11.00-12.00	Chair Based Pilates	S1	Kate
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
20.00-21.00	Pilates	S2	Robbie
20.05-20.50	Aqua Fit Deep	DP	Sandra

## TUESDAY

Time	Class	Studio	Instructor
09.15-10.00	Studio Cycling	S1	Geoffrey
09.30-10.15	Express BodyAttack*	S2	Duncan
10.35-11.35	(YAH) Body conditioning	S2	Sandra
12.00-13.00	Yoga	S2	Laura
17.10-17.55	Ab Blast	S2	Sandra
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
11.40-12.40	Yoga	S2	Laura
18.30-19.30	Meta Circuits	S2	Nusrat

## SATURDAY

Time	Class	Studio	Instructor
09.00-09.45	BodyCombat*	S2	Vikki
10.00-10.45	Express BodyPump	S2	Vikki

## WEDNESDAY

Time	Class	Studio	Instructor
09.30-10.30	Body Blast	S2	Olga
11.00-12.00	Pilates	S2	Penny
11.00-11.50	Strength & Balance	S1	Kate
12.00-12.45	Aqua Fit Shallow	MP	Sandra
12.00-12.50	Heart Failure Rehab	S1	Kate
16.45-17.40	Kids Karate (5-16 yrs)	S2	Clifton
18.00-18.30	HIIT Steps	S2	Mo
18.00-18.45	Studio Cycling	S1	Karen
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
10.30-11.15	Aquanatal	MP	Sandra
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.