

Fitness Class Timetable

Mon 2nd Sept - Fri 18th Oct

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

		06:30-07:15 Spin Katie	06:55-07:40 Body Pump Paula	06:05-06:50 Pump Fit Indre	08:05-08:50 Aqua Laraine	
				06:55-07:40 Pilates Indre	09:05-09:50 Zumba Laraine	09:55-10:40 Circuit Fitness Team
07:50-08:20 Express Body Pump Diana	07:55-08:25 Express Spin Katie	08:00-08:45 Body Conditioning Circuit Katie	08:00-08:45 Adult Climb Katie	07:55-08:25 Express Spin Katie	09:55-10:25 Express Body Balance Fitness Team	10:45-11:15 Body Balance Fitness Team
	08:30-09:00 Express Body Balance Katie				10:30-11:15 Body Conditioning Circuit Fitness TEam	

18:05-18:35 Express Body Balance Diana	18:05-18:50 Body Conditioning Circuit Diana	18:05-18:50 Boxing Sam	18:05-18:50 Run Club Sam	18:05-18:35 Express Body Pump Diana
18:45-19:30 Core Crusher Lisa	19:00-19:45 Adult Climb Diana	19:00-19:30 Express Body Balance Sam	18:05-18:50 Pump Fit Indre	18:45-19:15 Express Body Balance Diana
19:45-20:30 The Weekend Drill Lisa	19:45-20:30 Body Pump Tina		18:55-19:40 Pilates Indre	
	20:35-21:20 Pilates Laraine		19:45-20:30 Zumba Laraine	

Class Index

- High Intensity
- Strength & Conditioning
- Low Impact
- Dance
- Aqua
- Adult Climbing

