

Fitness Class Timetable

Mon 4th Nov - Sun 22nd Dec

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

06:55-07:25
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

10:00-10:45
Body Conditioning
Circuit
Fitness TEam

09:55-10:40
Circuit
Fitness Team

07:30-08:00
Express
Body Balance
Diana

08:30-09:00
Express
Body Balance
Katie

10:50-11:20
Express
Body Balance
Fitness Team

10:45-11:15
Body Balance
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
Pump Fit
Indre

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

18:55-19:40
Pilates
Indre

18:45-19:15
Express
Body Balance
Diana

19:35-20:20
The Weekend Drill
Lisa

19:45-20:30
Body Pump
Tina

19:00-19:30
Swim Fit
Tello

20:35-21:20
Pilates
Laraine

19:30-20:00
Swim Fit
Tello

Class Index

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

