

# Fitness Class Timetable

Thursday 2nd Jan - Sunday 16th Feb

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

**09:20-09:50**  
Express Spin  
Fitness Team

**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

**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 Spin  
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

• Swim Fit back on Wed 8th Jan

