

Fitness Class Timetable W/C Monday 19th October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

06:30-07:15

Body Pump

Emily

08:05-08:50

Aqua

Katie

09:20-10:05

HITT Circuit

Katie

10:00-10:45

Body Pump

Tina

10:10-10:40

Core Crusher

Katie

08:00-08:30

Express Spin

Katie

18:05-18:50

HITT Circuit

Jourdan

18:05-18:50

HITT Circuit

Sam

18:45-19:30

Core Crusher

Diana

18:55-19:40

Spin

Tina

18:55-19:40

Core Stability

Sam

19:35-20:20

HITT Circuit

Diana

19:45-20:30

Body Pump

Tina

20:35-21:20

Pilates

Laraine

19:30-20:30

Swim Fit

Swim Team

Class Index

High Intensity

Strength & Conditioning

Low Impact

Dance

Aqua

Adult Climbing



Chigwell

SPORT & WELLNESS CENTRE

Fitness Class Timetable W/c Monday 26th October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		06:30-07:15 Spin Katie	06:30-07:15 Body Pump Emily		08:05-08:50 Aqua Katie	09:20-10:05 HITT Circuit Katie
					10:00-10:45 Body Pump Tina	10:10-10:40 Core Crusher Katie
08:00-08:30 HITT Circuit Katie	08:00-08:30 Express Spin Katie			08:00-08:30 Express Spin Katie		

	18:05-18:50 HITT Circuit Jourdan		18:05-18:50 HITT Circuit Sam	
18:45-19:30 Core Crusher Diana	18:55-19:40 Spin Tina	18:30-19:15 Boxing Sam	18:55-19:40 Core Stability Sam	19:00-19:45 Climbing Jourdan
19:35-20:20 HITT Circuit Diana	19:45-20:30 Body Pump Tina	19:25-19:55 Express Body Balance Sam		
	20:35-21:20 Pilates Laraine	19:30-20:30 Swim Fit Swim Team		

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