

CLASS TIMETABLE – SEPTEMBER 2020

Monday

07:00 – 07:45	Spinning	Steve
09:30 – 10:30	Trim & Tone	Julie
18:00 – 18:45	Spinning	Sarah
19:00 – 19:45	Body Combat	Sam
20:00 – 21:00	Pilates	Claire

Tuesday

07:00 – 07:45	Body Pump Exp	Vicky
09:00 – 09:45	Aqua Aerobics	Steve
10:00 – 10:45	Fit-Ball	Steve
11:00 – 11:45	Pilates	Mo
12:15 – 13:15	Yoga	Lisa
18:00 – 18:45	Body Combat	Sam
19:00 – 20:00	Body Pump	Steve

Wednesday

07:00 – 07:45	HIIT	Steve
09:30 – 10:15	Body Combat	Tracey
10:30 – 11:15	Body Pump Exp	Tracey
11:30 – 12:30	Pilates	Claire
18:00 – 18:45	Spinning	Julie
19:15 – 20:15	Yoga	Lisa/Jo

Thursday

07:00 – 07:40	Body Combat	Sam
09:00 – 09:45	Body Pump Exp	Steve
09:00 – 09:45	Aqua Aerobics	Claire
10:00 – 10:45	Total Tone	Claire
17:45 – 18:30	Body Pump Exp	Steve
19:00 – 19:45	Spinning	Steve

Friday

09:15 – 10:00	PiYo	Tracey
11:15 – 12:15	Yoga	Jo S
17:45 – 18:30	Body Pump Exp	Steve
19:00 – 19:45	Body Combat	Sam

Saturday

08:05 – 08:50	Spinning	Steve
09:15 – 10:00	Body Pump Exp	Steve
10:15 – 11:15	Body Combat	Sam

Sunday

16:30 – 17:30	Body Pump	Steve
18:00 – 19:00	Pilates	Mo