

Class Timetable 02/01/2017 to 05/03/2017

To book your place call 01626 852 137

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Cycle 0645-0730 Jason	Spin Flex 0700-0800 Lewis	Group Cycle 0645-0730 Nicky	HIIT 0700-0730 Lewis	Group Cycle 0930-1015 Jason	HIIT 0900-1000 Lewis
Group Cycle 0930-1015 Jason	Insanity 0915-1015 Kasia	P90X 0815-0900 Kasia	Spin Flex 0930-1015 Lewis	Core Class 1030-1100 Jason	Kids Fit 1000-1045 Lewis
Core Class 1030-1100 Jason	PIYO 1030-1115 Kasia	PIYo 0915-1000 Kasia	Suspension Training 1030-1115 Lewis	Pilates 1700-1800 Leia	1100-1145 Ballet 3-6yrs Sam
Gentle Yoga 1200-1300 Ty	Pilates 1330-1430 Nicky	Yoga 1015-1115 Ty	Aqua 1130-1215 Nicky	Zumba 1800-1845 Sam	1145-1230 Ballet 7-12yrs Sam
Suspension Training 1715-1745 Lloyd	Yoga 1700-1800 Ty	Pilates 1130-1230 Nicky	Pilates 1330-1430 Nicky	Adult Ballet 16+ 1845-1930 Sam	
Zumba 1800-1845 Sam	Zumba 1815-1900 Hollie	Aqua-Fit 1300-1345 Nicky	Group Cycle 1715-1800 Gym Team	Kettlercise 1930-2000 Lewis	
Functional Fitness 1900-2000 Lloyd	HIIT 1915-2000 Jason	Zumba 1700-1800 Hollie	Kettlercise** 1815-1845 Jason	Total Body Conditioning 2000-2045 Lewis	
Aqua 1915-20.00 Nicky	Aqua 1915-2000 Nicky	LBT 1800-1840 Hollie	Fat Attack** 1845-1915 Jason		
Group Cycle 2015-2100 Nicky	Boxercise 2015-2100 Jason	LBT 1840-1920 Hollie	Group Cycle 1930-2015 Nicky		
		Total Body Con 1930-2015 Lewis	Pilates 2030-2130 Nicky		***Outdoor classes will return in March 2017***

Please respect other members by giving a minimum of 12 hours notice for a class cancellation

Class bookings must be made for a maximum of 2 people only – leaving an answer phone messages or an email does not guarantee you a place in a class

**Please attend class ready to start (already warmed up)