

## 2018 CLASS TIMETABLE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9.15am - 10.00am Spin Cycling Staff	7.30am - 8.00am Express Spin Luke	9.15am - 10.00am Aqua Chara	9.30am - 10.15am Kettlebells Dan	9.15am - 10.00am Aqua Claire	8.30am - 9.30am Spin Cycling Jane
9.30am - 10.15am Aqua Christina	9.15am - 10.00am Beginner's Spin Stevie	9.15am - 10.45am Yoga Rachel	9.30am - 10.30am Spin Cycling Chara	9.30am - 10.15am BodyPump Stevie	9.30am - 10.30am BodyPump Jane
10.00am - 11.00am BodyPump Stevie	9.15am - 10.15am Pilates Lisa	10.00am - 10.45am Spin Cycling Stevie	10.30am - 11.30am STOTT Pilates Pauline	9.30am - 10.15am Spin Cycling Lisa	
	10.15am - 11.15am Beginner's Pilates Lisa	10.50am - 11.40am BodyPump Stevie		10.25am - 11.05am Power Pilates Lisa	
	11.30am - 12.00pm Circuits Staff				
18.00pm - 18.45pm Spin Cycling Luke		17.30pm - 18.00pm Bootcamp Luke	18.15pm - 19.15pm Legs, Bums and Tums Geraldine		
18.00pm - 19.00pm BodyPump Stevie	17.45pm - 18.45pm Boxing For Fitness Dave	18.15pm - 19.15pm Pilates Claire	19.15pm - 20.00pm Power Aqua Geraldine		
19.00pm - 20.00pm Spin Cycling Ian	19.00pm - 20.30pm Yoga Julie	18.45pm - 19:30pm Spin Cycling Jane	18.45pm - 19.30pm Beginner's Spin Cycling Staff		
19.15pm - 20.15pm Pilates Stretch Jane	18.45 - 19.45pm Spin Cycling Staff	19.40pm - 20.30pm Body Pump Jane	19.30pm - 20.15pm Zumba Julie		

Please note – all classes available to book a week in advance - 01993 885207.

Timetable subject to change