








Fitness Class Timetable July 2018

KEY

RESISTANCE	CARDIO	HOLISTIC	POOL
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		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
		Upper	Lower	Upper	Lower	Upper	Lower	Upper	Lower	Upper	Lower	Upper	Lower	Upper	Lower	
OFF PEAK	Studio Cycling 07:00-07:30 Gym Team	Fitness Pilates 09:30-10:15 Wendy	Studio Cycling 09:45-10:30 Wendy	 LES MILLS BODYBALANCE™ 09:30-10:30 Ann	Kettlebells 10:30-11:00 Gym Team	 LES MILLS BODYPUMP 09:15-10:15 Nadine	Box Fit 09:30-10:15 Gym Team	 LES MILLS BODYBALANCE™ 09:30-10:30 Ann	Low Impact Circuits 09:30-10:15 Jamie	LBT 09:45-10:30 Wendy		 ZUMBA FITNESS 09:00-10:00 Roberto	Studio Cycling 10:00-10:45 Wendy	Yoga 11:05-12:20 Carolyn		
	Aqua 12:30-13:15 Karen	Body Sculpt 10:30-11:30 Natasha	LBT 12:15-13:00 Natasha	Low Impact Circuits 10:30-11:30 Wendy	 aqua ZUMBA 13:15-14:00 Roberto	Tai-Chi 10:45-11:45 Amanda	Aqua 13:30-14:15 Karen	Body Conditioning 10:35-11:20 Ann	Studio Cycling 10:30-11:15 Gym Team	Yoga 10:30-11:45 Lizzy		 LES MILLS BODYATTACK 10:00-11:00 Sam				
		Yoga 11:45-13:00 David		Yoga 11:45-12:45 Ruby		Pilates 12:00-12:45 Chris		Yoga 11:30-12:45 Lynn	 aqua ZUMBA 11:00-11:45 Roberto	Piyo 12:00-12:45 Nadine		 LES MILLS BODYPUMP 11:15-12:15 Sam				
		Piyo 13:15-14:00 Nadine		 ZUMBA FITNESS 13:00-14:00 Marie		Pilates 12:45-13:30 Chris				Pilates 13:00-13:45 Chris						
PEAK		 ZUMBA FITNESS 17:45-18:45 Leisa	TRX 18.10-18.40 Gym Team	Pilates 18:00-18:45 Angie	Ab Blast 17.25-17.55 Gym Team	 LES MILLS BODYATTACK 18:00-19:00 Heidi	Kettlebells 17.25-17.55 Gym Team	Pilates 17:45-18:30 Julia	Bootcamp 18.00-18.30 Gym Team		Aqua 17:00-17:45 Geoff					
	Studio Cycling 18:15-19:00 Craig	Pilates 19:00-19:45 Ellie	Studio Cycling 18:45-19:30 Liam	 LES MILLS BODYATTACK 18:50-19:20 Heidi	Aerotone 18:00-18:45 Wendy	Yoga 19:05-20:20 Jane	HIIT 18:00-18:55 Heidi	 LES MILLS BODYPUMP 19:30-20:30 Simon								
	HIIT 19:00-19:45 Gym Team		Aqua 19:15-20:00 Geoff	 LES MILLS BODYPUMP 19:30-20:30 Simon				Studio Cycling 19:00-19:45 Jamie								

*Instructors may vary from stated above * We reserve the right to cancel classes if there are insufficient numbers or no cover can be found, we will endeavour to contact members booked on if this is the case *