FITNESS CLASS TIMETABLE 2019

MONDAY

FITNESS PILATES WENDY 09:30 - 10:15	LESMILLS BODYPUMP NATASHA 10:30 - 11:30	YOGA DAVID 11:45 - 13:00	PIYO NADINE 13:15 - 14:00	AQUA WENDY 13:30 - 14:15	CONDITIONING NADINE 17:00 - 17:45	ZUMBA LEISA 17:45 - 18:45	STUDIO CYCLE NADINE 18:00 - 18:45	PILATES ELLIE 19:00 - 19:45	HIIT GYM TEAM 19:00 - 19:45

TUESDAY

LESMILLS BODYBALANCE ANN 09:30 - 10:30	STUDIO CYCLE WENDY 09:45 - 10:30	LOW IMPACT CIRCUITS WENDY 10:40 - 11:30	YOGA RUBY 11:45 - 12:45	LBT NATASHA 12:15 - 13:00	ZUMBA MARIE 13:00 - 14:00	PILATES ANGIE 18:00 - 18:45	AQUA GEOFF 19:15 - 20:00	TRX GYM TEAM 18:10 - 18:40
LESMILLS BODYATTACK HEIDI 18:50 - 19:20	STUDIO CYCLE LIAM 18:45 - 19:30	LESMILLS BODYPUMP SIMON 19:30 - 20:30						

WEDNESDAY

BOXERCISE NADINE 09:15 - 10:00	LESMILLS BODYPUMP ASHLI 10:00 - 10:55	KETTLEBELLS GYM TEAM 10:30 - 11:00	TAI CHI HELEN 11:00 - 11:55	PILATES CHRIS 12:00 - 12:45	PILATES CHRIS 12:45 - 13:30	AQUA ZUMBA ROBERTO 13:15 - 14:00	SALSAFIT ALEX 15:00 - 16:00	AB BLAST GYM TEAM 17:25 - 17:55
LBT WENDY 18:00 - 18:45	LESMILLS BODY ATTACK HEIDI 18:00 - 19:00	YOGA JANE 19:05 - 20:20						

THURSDAY

KETTLEBELLS & TRX GYM TEAM 09:30 - 10:15	LESMILLS BODY BALANCE ANN 09:30 - 10:30	CONDITIONING ANN 10:35 - 11:20	YOGA LYNN 11:30 - 12:45	PILATES MONIKA 12:50 - 13:35	AQUA KAREN 13:30 - 14:15	KETTLEBELLS GYM TEAM 17:25 - 17:55	PILATES ANGIE 17:45 - 18:30	
HIIT HEIDI 18:00 - 18:55	LESMILLS BODYPUMP ASHLI 19:00 - 20:00	STUDIO CYCLE JAMIE 19:00 - 19:45						

FRIDAY

LOW IMPACT CIRCUITS CLAIRE 09:30 - 10:15	LBT WENDY 09:45 - 10:30	YOGA LIZZY 10:30 - 11:45	AQUA ZUMBA ROBERTO 11:00 - 11:45	PILATES CHRIS 13:00 - 13:45	SALSACISE ROBERTO 14:00 - 15:00	YOGA CAROLYN 17:00 - 18:00	HIIT SIMON 18:15 - 18:45	

SATURDAY

ZUMBA ROBERTO 09:00 - 10:00	LESMILLS BODY ATTACK ASHLI 10:00 - 11:00	LESMILLS BODYPUMP ASHLI 11:05 - 12:05	AQUA GEOFF 17:00 - 17:45

SUNDAY

BOXERCISE NATASHA 09:45 - 10:45	STUDIO CYCLE WENDY 10:00 - 10:45	YOGA CAROLYN 11:05 - 12:20

KEY:

CARDIO	RESISTANCE
AQUA	HOLISTIC