

## Class Timetable

Monday			
9:30am – 10:15am	Aqua fit	Ellie	Pool
9:45am – 10:45am	Body Pump	Becky	Studio 1
10:45am – 11:45am	Body Balance	Cathy	Gymnasium
5:30pm – 18:15pm	Body Pump	Becky	Studio 1
6:30pm – 7:15pm	HIIT	Andy	Studio 2
6:30pm – 7:30pm	Pilates	Rosie	Studio 1
8:00pm – 9:00pm	Body Combat	Sarah	Studio 1
7:45pm – 8:45pm	Zumba	Iryna	Gymnasium
Tuesday			
9:45am – 10:45am	Bootcamp	Andy	Sports Hall
10:30am – 11:30am	Gentle Zumba	Iryna	Gymnasium
6:00pm – 7:00pm	Body Attack	Becky	Studio 2
6:30pm – 7:15pm	Indoor group cycle	Rob	Studio 1
7:30pm – 8:15pm	Box-Fit	Rob	Studio 2
Wednesday			
9:30am – 10:30am	Aqua fit	Ellie	Pool
9:45am – 10:45am	Functional Fitness	Andy	Gymnasium
6:30pm – 7:00pm	Indoor group Cycle	Becky	Studio 1
6:30pm – 7:30pm	LBT's	Gemma	Studio 2
7:30pm – 8:30pm	Balance Fit	Sue	Studio 1
7:30pm – 8:15pm	Body Combat	Becky	Studio 2
Thursday			
6:00pm – 7:00pm	Power Hour	Andy/ Becky	Studio 1
6:30pm – 7:15pm	Indoor group Cycle	Rob	Studio 2
7:15pm – 8:00pm	HIIT	Andy/ Becky	Studio 1
7:30pm – 8:30pm	Fitness Yoga	Rob	Studio 2
7:00pm – 8:00pm	Deep Water Aqua	Iryna	Pool
Friday			
9:30am – 10:15am	Aqua Fit	Ellie	Pool
10:30am – 11:00am	Gentle Circuits	Ellie	Studio 1
9:45am – 10:30am	Indoor group Cycle	Kerri/Becky	Studio 1
6:15pm – 7:00pm	Functional Fitness	Andy/Kerri	Studio 1
Saturday / Sunday			
Saturday 9:00am-9:45am	Synergy	Kerri/Andy/Becky	Gym Floor
Sunday 9:30am – 10:30am	Bootcamp	Kerri/Andy/Becky	Gymnasium