

CLASS TIMETABLE

Edit for 6th August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEALTH & FITNESS STUDIO	HEALTH & FITNESS STUDIO	HEALTH & FITNESS STUDIO	HEALTH & FITNESS STUDIO	HEALTH & FITNESS STUDIO	HEALTH & FITNESS STUDIO
06.05-06.50 Reshape Ultimate 07.00-07.30 GRIT Sam 09.15-10.00 Battle Ultimate 10.15-11.15 BodyCombat Mickey 17.30-18.00 GRIT Brad 18.15-19.15 BodyCombat Neil 19.30-20.30 BodyPump Jemma	06.05-06.50 Battle Ultimate 09.15-10.15 LBT Tracy C 10.30-11.30 BodyCombat Neil 18.00-18.30 Abs Blast Holly 18.45-19.15 HIIT Neil 19.30-20.30 Body Attack Cat	07.15-07.45 Circuits Tracy A 09.15-10.15 BodyCombat Mickey 10.30-11.30 BodyPump Brad 18.00-18.30 GRIT Brad 18.40-19.10 Les Mills Core Brad 19.20-20.20 BodyPump Holly 20.30-21.15 Kettlebells Ultimate	06.30-07.00 Les Mills Core Brad 09.15-10.00 LBT Tracy C 10.30-11:30 BodyPump Brad 11.45-12.45 LatinoAerobics Marica 17.30-18.00 GRIT Holly 18.15-19.00 Bodycombat Neil 19.15-20.00 Battle Ultimate	06.30-07.30 BodyPump Gym Team 07.45-08.15 GRIT Gym Team 09.15-10.15 LBT Denise 10.30-11.30 Boxercise Jodee 17.15-18.15 Body Combat Robin 18.30-19.30 Power Hour Simon	08.00-08.45 Battle Ultimate 09.15-10.00 Circuits Tracy A 10.15-11.15 Body Combat Robin 11.30-12.30 BodyPump Robin
SPIN STUDIO	SPIN STUDIO	SPIN STUDIO	SPIN STUDIO	SPIN STUDIO	SPIN STUDIO
06.30-07.00 Spin Gym Team 09.15-10.00 Spin Holly 17.15-18.00 RPM Gilly 18.15-19.00 Cardio Core Ultimate	06.30-07.00 Spin Tracy A 11.15-11.45 Mummy Fit Spin Gilly 17.30-18.00 Spin Gilly 18.15-19.00 Ride Ultimate	06.30-07.00 Spin Tracy A 18.00-18.30 Spin Holly	06.50-07.20 Ride Ultimate 09.30-10.15 Cardio Core Ultimate 18.15-18.45 Spin Gym Team	06.05-06.50 Metcon Ultimate 10.00-10.30 Mummy Fit Spin Gilly/Holly 18.30-19.15 RPM Robin	08.30-09.00 Spin Tracy A
MIND & BODY STUDIO	MIND & BODY STUDIO	MIND & BODY STUDIO	MIND & BODY STUDIO	MIND & BODY STUDIO	MIND & BODY STUDIO
07.00-08.00 Flow Yoga Lucy 09.15-10.00 Piloxing Tracy C 10.45-11.45 Nia Jane 12.00-13.00 Yoga Cat 13.15-14.15 Pilates Lizzy 18.25-19.25 Clubbercise Toni 19.30-20.30 Pilates Marica	06.30-07.30 Flow Yoga Lucy 09.00-09.45 Dance Aerobics Clare 10.00-11.00 Pilates Annalie 11.15-12.00 BarreFitness Annalie 12.15-13.15 Hot Yoga Sasha 18.00-19.00 Zumba Sabina 19.15-20.00 Hot Yoga Sasha 20.15-21.15 Yin Yoga Jen	09.15-10.15 Flow Yoga Lucy 10.30-11.15 Swiss Ball Robin E 11.30-12.30 Nia Jane 18.30-19.30 Yoga Cat 19.45-20.45 Dance Aerobics Clare	07.00-08.00 Flow Yoga Lucy 09.15-10.15 Tai Chi Tom 10.30-11.30 Pilates Victoria 11.45-12.45 Yoga Jane 18.00-19.00 Pilates Marica 19.15-20.15 Yoga Jo	09.00-10.00 Dance Aerobics Clare 10.15-11.15 Olit Marica 11.30-12.30 Pilates Marica 18.15-19.15 Family Clubbercise Toni	09.30-10.15 Aqua Zumba Sabina
SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL	SWIMMING POOL
10.30-11.15 Aqua Nicky	10.30-11.15 Aqua Tracy C 18.30-19.15 Aqua Gilly	10.30-11.15 Aqua Tracy A	10.30-11.15 Aqua Tracy A 18.30-19.15 Aqua Gilly	10.30-11.15 Aqua Tracy A 14.00-14.45 Aqua Gilly	10.30-11.15 Aqua Tracy A 14.00-14.45 Aqua Gilly
#BASE	#BASE	#BASE	#BASE	#BASE	#BASE
06.05-06.50 Bootcamp Jon 07.05-07.35 Ultimate 360 Ultimate 12.00-13.00 Mummy Fit Circuits Gilly 18.00-19.00 Learn 2 Lift Cat D 19:30-20:15 Reshape Ultimate	06.05-06.50 Body Weights Circuits Mickey 07.15-07.45 Abs Blast Mickey 09.15-09.45 HIIT Cat D 10.00-11.00 Pilates Victoria 12.00-12.30 Mummy Fit HIIT Gilly 18.00-19.00 Boxing Circuits Jodee 19.15-20.00 Ultimate 360 Ultimate	06.05-06.50 Lift Ultimate 07.05-07.35 Ultimate 360 Ultimate 10.00-11.00 Mummy Fit Bootcamp Gilly 18.45-19.30 Lift Ultimate	06.05-06.50 Bootcamp Ultimate 11.45-12.45 Pilates Victoria G 19.30-20.30 Learn 2 Lift Jon	06.05-06.35 Bootcamp Cat D 17.30-18.15 Lift Ultimate	08.10-08.55 Reshape Ultimate 09.30-10.30 LBT Nicky 10.45-11.45 Family Clubbercise Toni
SPIN STUDIO	SPIN STUDIO	SPIN STUDIO	SPIN STUDIO	SPIN STUDIO	SPIN STUDIO
09.00-09.45 Ride Simon	09.00-09.45 Ride Simon				
MIND & BODY STUDIO	MIND & BODY STUDIO	MIND & BODY STUDIO	MIND & BODY STUDIO	MIND & BODY STUDIO	MIND & BODY STUDIO
10.30-11.30 Yoga Jen	10.30-11.30 Yoga Jen				

BOOK YOUR CLASS

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