

CLASS TIMETABLE

Edit for January 3rd 2022

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	06.05-06.50 Battle Ultimate	07.15-07.45 Circuits Tracy A	06.30-07.00 Les Mills Core Brad	06.30-07.30 BodyPump Brad	08.00-08.45 Battle Ultimate
07.00-07.30 GRIT Sam	09.15-10.15 LBT Tracy C	09.15-10.15 BodyCombat Mickey	09.15-10.00 LBT Tracy C	07.45-08.15 GRIT Brad	9.15-10.00 Circuits Tracy A
09.15-10.00 Battle Ultimate	10.30-11.30 BodyCombat Neil	10.30-11.30 BodyPump Brad	10.30-11:30 BodyPump Brad	09.15-10.15 LBT Denise	10.15-11.15 Body Combat Robin
10.15-11.15 BodyCombat Mickey	18.00-18.30 Abs Blast Holly	18.00-18.30 GRIT Brad	11.45-12.45 LatinoAerobics Marica	10.30-11.30 Boxercise Jodee	11.30-12.30 BodyPump Robin
17.30-18.00 GRIT Brad	18.45-19.15 HIIT Mickey	18.40-19.10 Les Mills Core Brad	17.30-18.00 GRIT Holly	17.30-18.15 Body Combat Robin	
18.15-19.15 BodyCombat Neil	19.30-20.30 Body Attack Robin	19.20-20.20 BodyPump Holly	18.15-19.00 Bodycombat Neil	18.30-19.30 Power Hour Simon	SPIN STUDIO
19:30:20:30 BodyPump Jemma			19.15-20.00 Battle Ultimate		08.30-09.00 Spin Tracy A
	SPIN STUDIO	SPIN STUDIO	SPIN STUDIO	SPIN STUDIO	
	06.30-07.00 Spin Thierry	06.30-07.00 Spin Tracy A	06.50-07.20 Ride Ultimate	06.05-06.50 Metcon Ultimate	
SPIN STUDIO	11.15-11.45 Mummy Fit Spin Gilly	10.00-10.45 RPM Jag	09.30-10.15 Cardio Core Ultimate	10.00-10.30 Mummy Fit Spin Gilly/Holly	SWIMMING POOL
06.30-07.00 Spin Thierry	17.30-18.00 Spin Gilly	11.00-12.00 Mummy Fit Spin & Abs Gilly	18.15-18.45 Spin Holly	18.30-19.15 RPM Robin	09.30-10.15 Aqua Zumba Sabina
09.15-10.00 Spin Holly	18.15-19.00 Ride Ultimate	18.00-18.30 Spin Holly			#BASE
17.30-18.15 RPM Gilly				MIND & BODY STUDIO	09.00-10.00 Dance Aerobics Clare
18.30-19.15 Cardio Core Ultimate				10.15-11.15 Olit Marica	10.15-11.15 Olit Marica
	MIND & BODY STUDIO	MIND & BODY STUDIO	MIND & BODY STUDIO	11.30-12.30 Pilates Marica	13.15-13.45 Postnatal Yoga Sasah
	06.30-07.30 Flow Yoga Lucy	09.15-10.15 Flow Yoga Emily	07.00-08.00 Flow Yoga Lucy		
	09.00-09.45 Dance Aerobics Clare	10.30-11.15 Swiss Ball Robin E	09.15-10.15 Tai Chi Tom	SWIMMING POOL	SUNDAY
	10.00-11.00 Pilates Annalie	11.30-12.30 Nia Jane	10.30-11.30 Pilates Victoria	10.30-11.15 Aqua Tracy A	HEALTH & FITNESS STUDIO
MIND & BODY STUDIO	11.15-12.00 BarreFitness Annalie	13.15-13.45 Postnatal Yoga Sasha	11.45-12.45 Yoga Jane	14.00-14.45 Aqua Gilly	08.10-08.55 Reshape Ultimate
07.00-08.00 Flow Yoga Lucy	12.15-13.15 Hot Yoga Sasha	18.30-19.30 Yoga Cat	18.00-19.00 Pilates Marica		09.30-10.30 LBT Nicky
09.15-10.00 Piloxing Tracy C	18.00-19.00 Zumba Sabina	19.45-20.45 Dance Aerobics Clare	19.15-20.15 Yoga Jo		10.45-11.45 Family Clubbercise Mel
10.45- 11.45 Pilates Lizzy	19.15-20.00 Hot Yoga Sasha			#BASE	
12.00-13.00 Yoga Cat	20.15-21.15 Yin Yoga Jen	SWIMMING POOL	SWIMMING POOL	17.30-18.15 Lift Ultimate	SPIN STUDIO
13.15-14.15 Pilates Jag		10.30-11.15 Aqua Tracy A	10.30-11.15 Aqua Tracy A		09.00-09.45 Ride Simon
18.25-19.25 Zumba Sabina			18.30-19.15 Aqua Gilly		
19.30-20.30 Pilates Marica	SWIMMING POOL	#BASE			MIND & BODY STUDIO
	10.30-11.15 Aqua Tracy C	06.05-06.50 Lift Ultimate	SWIMMING POOL		10.30-11.30 Yoga Jen
SWIMMING POOL	18.30-19.15 Aqua Gilly	07.05-07.35 Ultimate 360 Ultimate	#BASE		11.45-12.45 Yoga Jen
10.30-11.15 Aqua Nicky		18.15-19.00 Lift Ultimate	06.05-06.50 Lift Ultimate		
#BASE	#BASE	19.15-20.00 Kettlebells Ultimate			
07.05-07.35 Uitimate 360 Ultimate	12.00-12.30 Mummy Fit HIIT Gilly				
12.00-13.00 Mummy Fit Circuits Gilly	18.00-19.00 Boxing Circuits Jodee				
19:30:20:15 Reshape Ultimate	19.15-20.00 Uitimate 360 Ultimate				
	SKILL ROOM				
	06.05-06.50 Body Weights Circuits Mickey				
	07.15-07.45 Abs Blast Mickey				

BOOK YOUR CLASS

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