

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	09.15-10.15	BodyCombat Mickey	06.30-07.00	CXworx Sam	06.05-06.50	Metcon Simon	08.00-08.45	Battle Ultimate
07.15-07.45	GRIT Cardio Sam	09.15-10.00	Dance Aerobics Clare	11.45-12.30	Kettlebells Dave	09.15-10.00	LBT Tracy C	07.45-08.15	GRIT Cardio Holly	09.00-09.45	Battle Ultimate
09.15-10.00	Battle Ultimate	10.30-11.30	BodyCombat Neil	17.50-18.20	GRIT Cardio Brad	10.30-11.30	Latino Aerobics Marica	09.15-10.15	LBT Denise	10.15-11.15	BodyCombat Robin
10.15-11.15	BodyCombat Mickey	18.00-18.30	GRIT Cardio Holly/Brad	18.35-19.05	CXworx Brad	11.45-12.15	CXworx Brad	17.15-18.15	BodyCombat Robin	COURT 4	
11.30-12.30	BodyCombat Neil	18.45-19.15	CXworx Brad	20.15-21.00	Kettlebells Dave	17.30-18.00	GRIT Cardio Holly	18.30-19.30	Power Hour Simon	08.30-09.00	Spin Tracy A
17.30-18.00	GRIT Cardio Brad	19.30-20.30	Clubbercise Toni	COURT 4		19.15-20.00	Battle Ultimate	COURT 4		09.15-10.00	Circuits Tracy A
18.15-19.15	BodyCombat Neil	COURT 4		06.30-07.00	Spin Tracy A	06.50-07.20	Ride Ultimate	06.30-07.30	BodyPump Holly	11.30-12.30	BodyPump Robin
19.30-20.30	BodyCombat Neil	COURT 4		07.05-07.35	Circuits Tracy A	09.30-10.00	Cardio Core Ultimate	MIND & BODY STUDIO		SWIMMING POOL	
COURT 4		06.30-07.00	Spin Tracy A	10.30-11.30	BodyPump Brad	10.30-11.30	BodyPump Brad	09.15-10.00	Dance Aerobics Clare	09.30-10.15	Aqua Karen
06.30-07.00	Spin Holly	09.15-10.15	LBT Tracy C	18.15-18.45	Spin Holly	18.15-18.45	Spin Holly	10.15-11.15	Olit Marica	OUTDOOR/BASE	
09.15-10.00	Spin Holly	17.30-18.00	Spin Gilly	19.00-20.00	BodyPump Holly	MIND & BODY STUDIO		11.30-12.30	Pilates Marica	09.15-10.00	Circuits Robin
11.30-12.00	Cxworx Sam	18.15-19.00	Ride Ultimate	MIND & BODY STUDIO		07.00-08.00	Flow Yoga Emily	12.45-13.45	Yin Yoga Jen	SUNDAY	
17.30-18.00	Spin Gilly	MIND & BODY STUDIO		09.15-10.15	Flow Yoga Emily	09.15-10.15	Tai Chi Tom	18.15-19.15	Family Clubbercise Toni	SUNDAY	
18.15-19.00	Cardio Core Ultimate	06.30-07.30	Flow Yoga Emily	11.30-12.30	Yoga Jane	10.30-11.30	Pilates Michelle	SWIMMING POOL		HEALTH & FITNESS STUDIO	
19.15-20.15	BodyPump Jemma	10.00-11.00	Pilates Annalie	18.30-19.30	Yoga Cat	11.45-12.45	Yoga Jane	10.30-11.15	Aqua Tracy A	08.10-08.55	Reshape Ultimate
MIND & BODY STUDIO		12.15-13.15	Sweat Yoga Sasha	19.45-20.30	Dance Aerobics Clare	18.00-19.00	Pilates Marica	14.00-14.45	Aqua Gilly	09.30-10.30	LBT Nicky
09.15-10.00	Piloxing Tracy C	18.00-19.00	Zumba Sabina	SWIMMING POOL		19.15-20.15	Yoga Jo	OUTDOOR/BASE		10.45-11.45	Clubbercise Toni
10.15-10.40	Barrefloor Fitness Annalie	20.10-20.55	Hot Yoga Sasha	10.30-11.15	Aqua Tracy A	SWIMMING POOL		09.00-09.45	Ultimate 360 Ultimate	COURT 4	
10.55-11.45	Pilates Annalie	FAMILY STUDIO		SWIMMING POOL		10.30-11.15	Aqua Tracy A	10.00-11.00	Mummyfit Bootcamp Holly	09.00-09.45	Ride Simon
12.00-13.00	Yoga Jen	12.00-12.30	Mummyfit Circuit Holly	OUTDOOR/BASE		18.30-19.15	Aqua Gilly	OUTDOOR/BASE		MIND & BODY STUDIO	
13.15-14.15	Yin Yoga Jen	FAMILY STUDIO		06.05-06.50	Lift Ultimate	OUTDOOR/BASE		OUTDOOR/BASE		10.30-11.30	Yoga Jen
18.30-19.30	Pilates Marica	FAMILY STUDIO		10.00-11.00	Mummyfit Bootcamp Gilly	06.15-06.45	Bootcamp Ultimate	09.15-09.45	React Tracy/Brad	MIND & BODY STUDIO	
FAMILY STUDIO		FAMILY STUDIO		11.15-12.15	Learn2Lift Sam	18.00-19.00	Box N Bells Ultimate	19.30-20.30	Learn2Lift Sam	MIND & BODY STUDIO	
11.30-12.00	Mummyfit Circuit Gilly	FAMILY STUDIO		OUTDOOR/BASE		OUTDOOR/BASE		OUTDOOR/BASE		MIND & BODY STUDIO	
SWIMMING POOL		10.30-11.15	Aqua Tracy	OUTDOOR/BASE		OUTDOOR/BASE		OUTDOOR/BASE		MIND & BODY STUDIO	
10.30-11.15	Aqua Nicky	18.30-19.15	Aqua Karen	OUTDOOR/BASE		OUTDOOR/BASE		OUTDOOR/BASE		MIND & BODY STUDIO	
OUTDOOR/BASE		OUTDOOR/BASE		OUTDOOR/BASE		OUTDOOR/BASE		OUTDOOR/BASE		MIND & BODY STUDIO	
10.15-11.00	Box N Bells Ultimate	09.15-10.00	Xtreme Circuits Tracy	OUTDOOR/BASE		OUTDOOR/BASE		OUTDOOR/BASE		MIND & BODY STUDIO	
12.15-12.45	Mummyfit Bootcamp Gilly	12.45-13.15	Mummyfit Bootcamp Gilly	OUTDOOR/BASE		OUTDOOR/BASE		OUTDOOR/BASE		MIND & BODY STUDIO	
19.15-20.00	Reshape Ultimate	19.15-20.00	Ultimate 360 Ultimate	OUTDOOR/BASE		OUTDOOR/BASE		OUTDOOR/BASE		MIND & BODY STUDIO	

BOOK YOUR CLASS

ONLINE theshrewsburyclub.co.uk CALL 01743 467755