

# CLASS TIMETABLE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
07.15-8.00	Circuits (Studio 1) JACK	07.00-07.45	Circuits (Studio 1) JACK	07.00-07.45	Circuits (Studio 1) JACK	09.15-10.00	Body Conditioning (Studio 1) CARLA	07.00-07.45	Spin (Spin Studio) EMMA.L	08.45 - 09.30	Spin (Spin Studio) EMMA.L	09.00-09.45	Boxercise 45 (Studio 2) TIM
08.00-08.30	HIIT (Studio 1) JACK	09.15-10.00	Synergy 45 (Gym Floor) JACK	09:15-09:45	Fab Abs (Studio 2) JACK	10.15-11.00	Spin (Spin Studio) CARLA	08.00-08.45	Pump & Tone (Studio 1) EMMA.L	08.45 - 09.30	Kettlebell Blast (Studio 1) TIM	09.00-09.45	Spin 30 (Spin Studio) MARC
09.15-10.00	Synergy 45 (Gym Floor) JACK	09.15-10.00	Kettlebell (Studio 1) CARLA	09.30-10.15	Thai Chi (Studio 1) MICHELLE	10.15-11.00	Kettlebell (Studio 1) CINDY	09.00-09.45	Boxercise 45 (Studio 2) TIM	09.00-10.00	Vinyasa Yoga (Studio 2) HEATHER	10.00-11.00	Synergy 60 (Gym Floor) TIM
09.15-10.00	Kettlebell Blitz (Studio 2) LUKE	10.00-10.45	Yoga (Studio 2) CINDY	10.00-10.45	Zumba (Studio 2) HAYLEY	11.00-12.00	Pilates (Studio 1) CINDY	09.00-10.00	Yoga (Studio 1) CINDY	09:45 - 10:45	Pump & Tone (Studio 1) EMMA.L	10.00-11.00	Pilates (Studio 1) HAYLEY
09.30-10.30	Thai Chi (Studio 1) MICHELLE	10.15-11.00	Spin (Spin Studio) JACK	10.00-10.45	Synergy 45 (Gym Floor) JACK	12.15-13.00	Aqua (Pool) CINDY	09.15-10:00	Synergy 45 (Gym Floor) LUKE	10.15-11.00	Synergy 45 (Gym Floor) TIM	11.00-12.00	Pilates (Studio 1) HAYLEY
10.00-11.00	Zumba (Studio 2) NATALIE	10.15-11.00	Body Conditioning (Studio 1) CARLA	10.30-11.30	Pilates (Studio 1) CINDY	17.15-18.00	Synergy 45 (Gym Floor) TIM	10.00-11.00	Zumba (Studio 2) NATALIE	11.15-12.00	Legs,Bums & Tums (Studio 1) TIM	11.15-12.00	Fab Abs (Studio 2) TIM
10.15-11.00	Aqua (Pool) JACK	10.50-11.35	Aqua (Pool)CINDY	11.30-12.15	Spin (Spin Studio) JACK	17.30-18.30	Bar Complex (Studio 1) JAREK	10.10-10.55	Legs,Bums & Tums (Studio 1) LUKE	12.15-13.00	Funhouse (Studio 1) TIM		
10.30-11.15	Spin (Spin Studio) LUKE	17.30-18.00	Synergy 30 (Gym Floor) LUKE	11.45-12.30	Aqua (Pool) CINDY	18.00-19.00	Yin Yoga (Studio 2) RACHELA	10.30-11.15	Senior Circuits (Gym Floor) TIM				
11.00-12.00	Fitness Pilates (Studio 1) HAYLEY.M	18.00-18.30	Fab Abs (Studio 1) LUKE	17.00 -17.30	HIIT (Studio 2) LUKE	18.15-19.00	Spin 45 (Spin Studio) TIM	11:00-12:00	Fitness Pilates (Studio 1) HAYLEY.M				
16.30-17.00	Fab Abs (Studio 2) JAREK	18.00-19.00	Pilates (Studio 2) PHIL	17.15-18.00	Bar Complex (Studio 1) JAREK	19.15-20.00	Legs,Bums & Tums (Studio 2) TIM	11.15-12.00	Stretch & Mobility (Studio 2) TIM				
17.00-17.30	HIIT (Studio 1) JAREK	18.15-19.00	Spin 45 (Spin Studio) EMMA.L	17.30-18.00	Synergy 30 (Gym Floor) LUKE	19.15-20.00	Cardio Kick (Studio 1) EMMA	12.15-13.00	Aqua (Pool) TIM				
17.15-18.15	Pilates (Studio 2) PHIL	18.30-19.15	Legs,Bums & Tums (Studio 1) LUKE	18.00-18.45	Spin 45 (Spin Studio) EMMA.L			14.00-14.45	Senior Circuits (Gym Floor) TIM				
18.00-18.45	Kettlebell-Fit (Studio 1) CINDY	19.15-20.00	Yoga Deep Stretch (Studio 1) EMMA.L	18.15-19.00	Legs, Bums & Tums (Studio 1) LUKE			16.15-17.00	Funhouse (Studio 1) TIM				
18.30-19.15	Spin 45 (Spin Studio) EMMA	19.15-20.15	Pilates (Studio 2) PHIL	19.00-20.00	Pump & Tone (Studio 1) EMMA.L								
19.00-20.00	Yoga (Studio 2) CINDY			19.00-20.00	Hatha Yoga (Studio 2) RACHELA								
19.30-20.15	Cardio Kick (Studio 1) EMMA												

22.04.24