

GROUP EXERCISE TIMETABLE

	CLASS	INSTRUCTOR	LOCATION	LEVEL	INFORMATION
MONDAY					
09:45-10:45	Body Pump	Hannah	Studio 1	All	
11:00-11:45	Group Cycle	Rebecca	Studio 1	All	
12:00-13:00	Flex Fit	Gym Team	Studio 1	All	
17:45-18:30	Aerobics	Jane	Studio 1	ADV	
18:30-19:15	Group Cycle	Jane	Studio 1	All	Must book
19:15-20:00	Group Cycle	Sam	Studio 1	All	Must book
20:00-21:00	Body Pump	Tanya	Studio 1	All	
TUESDAY					
07:00-07:45	Group Cycle	Jeff	Studio 1	All	
09:30-10:15	Legs, Burns & Tums	Emily	Studio 1	All	
10:15-11:15	Zumba	Lorraine	Studio 1	All	Must book
12:15-13:15	Hatha Yoga	Liz	Studio 1	All	
17:30-18:15	Group Cycle		Studio 1	All	Must book
18:15-19:00	Group Cycle		Studio 1	All	Must book
19:00-20:00	Fighting Fit	Steve	Studio 1	ADV	Must book
20:00-21:00	Circuits	Gym Team	Weights Gym	ADV	Must book
20:15-21:15	Hatha Yoga	Liz	Studio 1	All	
WEDNESDAY					
10:00-11:00	Fighting Fit	Steve	Studio 1	All	Must book
11:00-12:00	Ball Fit	Gym Team	Studio 1	All	
16:00-17:00	Karate		Studio 1	All	Additional cost
18:00-18:45	Aerobics	Paula	Studio 1	All	
18:45-19:30	Group Cycle	Jon	Studio 1	All	Must book
19:30-20:30	Body Pump	Hannah	Studio 1	All	
20:30-21:30	Sleek Dance		Studio 1	All	Additional cost
THURSDAY					
09:30-10:15	Total Body Conditioning	Emily	Studio 1	All	
10:15-11:00	Pilates	Kelly	Studio 1	All	
13:00-14:00	Triple Taster	Gym Team	Studio 1	All	
18:00-19:00	Run Fit (outside)	Gym Team	Studio 1	All	
17:30-18:15	Group Cycle	Jeff	Studio 1	All	Must book
18:15-19:00	Group Cycle	Jeff	Studio 1	All	Must book
19:15-20:15	Pilates	Zara	Studio 1	All	
20:00-21:00	Circuits	Gym Team	Weights Gym	ADV	Must book
20:15-21:15	Zumba	Lorraine	Studio 1	All	Must book
FRIDAY					
09:15-10:00	Zumba	Lorraine	Studio 1	All	Must book
10:00-11:00	Fighting Fit	Steve	Studio 1	All	
11:00-12:00	Body Pump	Kelly	Studio 1	All	
16:00-17:30	Karate		Studio 1	All	Additional cost
18:00-18:45	Aerobics/Step	Sam	Studio 1	All	
18:45-19:45	Body Pump	JJ	Studio 1	All	
SATURDAY					
09:00-10:00	Group Cycle	Jane	Studio 1	All	Must book
10:15-11:00	Aerobics & Conditioning	Jane	Studio 1	ADV	
11:15-12:15	Ball Fit	Gym Team	Studio 1	All	Must book
12:30-13:30	Triple Taster	Gym Team	Studio 1	All	
14:00-15:00	Polenastics		Studio 1	All	Additional cost
16:00-17:00	Karate		Studio 1	All	Additional cost
SUNDAY					
09:15-10:15	Total Body Conditioning	Rebecca	Studio 1	All	
10:15-11:15	Pilates	Paula	Studio 1	All	
10:00-11:00	Run Fit (outside)	Gym Team	Studio 1	All	
11:15-12:15	Kick Fit	Gym Team	Studio 1	All	
14:00-15:00	Karate		Studio 1	All	Additional cost

For more information and to book a class please contact the club

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