

Club Sample Program

M	T	W	T	F	S	S
09.30-10.15 TOTAL BODY CARDIO STEPH	09.00-09.45 DANCE FITNESS STEPH	09.00-09.45 STEP KIRSTY	09.30-10.15 3 IN 1 COMBO LAURA	09.00-9.45 10.00-10.45 PUMP JAYNE		
10.30-11.15 BODY CONDITIONING	10.00-10.45 LEGS,BUMS & TUMS	10.00-10.45 POWERSCULPT	10.30-11.15 BODY CONDITIONING LAURA		10.00-10.45 CARDIO COPMBAT JAYNE	
	11.00-11.45 ARMS, WAIST & ABS	11.00-11.45 STRETCH & MOBILITY	11.30-12.15 FITNESS PILATES STEPH	11.00-11.45 TOTAL BODY CARDIO JAYNE	11.00-11.30 30 MINUTE CORE	10.00-10.45 VINYASA YOGA LAURA
12.00-12.45 STRETCH & MOBILITY LISA	1200-1245 13.00-13.45 HATHA YOGA TONY	12.00-12.45 PILATES LORRAINE		12.00-1.00 YOGALATES CLAIRE		
13.00-13.30 AQUA SPLASH LISA		13.00-13.30 AQUA SPLASH		1.00-1.30 AQUA SPLASH		
	14.00-15.00 PILATES JAYNE				14.00-14.45 YIN YOGA LOUISE	
17.00-17.45 LEGS, BUMS & TUMS	17.00-17.45 BOOTY BUILD	17.00-17.45 PUMP JAYNE				
18.00-18.45 DANCE FITNESS LAURA	18.00-18.45 HIIT	18.00-18.45 BOOTCAMP	18.00-18.30 BOOTY BUILD			
19.00-19.45 PUMP LAURA	19.00-19.45 VINYASA FLOW YOGA CLAIRE	19.00-20.00 PILATES CLAIRE	19.00-19.45 ARMS, ABS & WAIST			