

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 DANCE FIT LAURA	09.00-10.00 10.15-11.15 PUMP JAYNE	10.00-11.00 CARDIO COPMBAT LEE	10.00-10.45 BODY CONDITIONING
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			
	11.00-11.45 ARMS, WAIST & ABS	11.00-11.45 STRETCH & MOBILITY	11.30-12.30 FITNESS PILATES STEPH	11.00-11.45 TOTAL BODY CARDIO JAYNE	11.15-12.15 SCULPT & STRECH LEE	11.00-12.00 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 FITNESS PILATES WILL				14.00-15.00 YIN YOGA LOUISE	
17.15-18.00 LEGS, BUMS & TUMS	17.15-18.00 DANCE FIT LAURA	17.15-18.00 CORE	17.15-17.45 ABS BLAST KERRY			
18.15-19.00 DANCE FITNESS LAURA	18.15-19.00 PUMP LAURA	18.15-19.00 HIIT/BOOTCAMP	18.00-18.30 PUMP KERRY			
19.15-20.00 SUPPLE STRENGTH ALICIA	19.15-20.00 VINYASA FLOW YOGA CLAIRE	19.15-8.15 PILATES CLAIRE	19.00-19.45 STRECH & MOBILITY			