

Class Timetable



	MONDAY	
6:15-7:15	Group Cycle	Alicia
8:30-9:15	Group Cycle	Mawgan
9:25-10:25	Body Combat	Mawgan
10:35-11:35	Zumba	Sarah
11:45-12:45	Pilates	Sarah
13:45-14:45	Gentle Yoga	Gemma
16:20-17:20	Hatha Yoga	Miranda
17:30-18:30	Body Pump	Mawgan
18:40-19:35	Body Combat	Mawgan
19:40-20:10	Express Spin	Mawgan

	TUESDAY	
6:15-7:15	Total Body Workout	Alicia
7:30-8:15	Bootcamp (outdoor)	Simon
7:20-8:10	Vinyasa Yoga	Lynsey
8:15-9:00	Group Cycle	Mawgan
9:10-10:10	Body Pump	Clare
10:20-11:20	Pathway to Yoga	Shirley
11:30-12:25	Fitness Pilates	Peter
12:35-13:30	Powerhoop	Sarah
13:45-14:40	Yoga	Gemma
17:00-17:50	Body Pump	Dave B
18:00-19:00	Body Balance	Dave B
19:10-19:55	Group Cycle	Mawgan

	WEDNESDAY	
6:15-7:15	Group Cycle	Alicia
8:15-9:00	Group Cycle	Clare
9:10-10:10	Body Combat	Clare
10:20-11:20	LBT	Sue
11:30-12:30	Body Balance	Steve
15:55-16:50	Yin Yoga	Gemma
17:00-18:00	Body Balance	Shirley
18:10-19:10	Body Combat	Dave R
19:20-19:50	GRIT	Dave R

	THURSDAY	
6:15-7:15	Total Body Workout	Alicia
8:00-9:00	Body Pump	Clare
9:15-9:45	Strengthening Yoga	Gemma
10:00-10:45	Group Cycle	Mawgan
11:05-12:05	Pilates	Fiona
12:10-13:40	Hatha Yoga	Miranda
13:45-14:45	Zumba	Sarah
17:00-18:00	Fitness Pilates	Peter
18:30-19:15	Body Attack	Clare

	FRIDAY	
6:15-7:15	Group Cycle	Alicia
7:30-8:30	Rise & Shine Yoga	Gemma
8:40-9:25	Circuits	Mawgan
9:35-10:35	Body Combat	Mawgan
10:45-11:45	Dance Fit	Sarah
12:15-13:15	Tone & Sculpt	Sue
16:25-17:25	Dynamic Flow Yoga	Gemma/ Shirley
17:35-18:35	Body Pump	Kevin

	SATURDAY	
8:00-8:45	Total Body Workout	Alicia
8:55-9:40	Group Cycle	Alicia
10:00-10:45	Zumba	Sarah
10:55-11:40	Zumba	Sarah
11:50-12:50	Vinyasa into Yin Yoga	Gemma/ Lynsey

	SUNDAY	
9:30-10:30	Body Combat	Dave R
10:40-11:10	GRIT	Dave R
16:50-17:50	Vinyasa Yoga	Paul
18:00-19:00	Yin Yoga	Paul