

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 - 07.00 LBT Main Studio Jen	06.30 - 07.15 RPM Spin Studio Jen	06.30 - 07.00 BF HIIT Gym Floor Harvey	06.30 - 07.00 Pick N Mix Gym Floor Alex	06.30 - 07.00 Bootcamp Main Studio Holly	08.10 - 08.55 Spin Spin Studio Holly	09.00 - 09.45 RPM Spin Studio Jen
09.15 - 10.00 Spin Spin Studio Holly	06.30 - 07.30 Vinyasa Yoga Mind and Body Studio Holly	09.15 - 10.00 Track Session Gym Floor Harvey	06.30 - 07.15 RPM Spin Studio Jen	09.00 - 09.45 Spin Spin Studio Claire	09.30 - 10.30 Body Pump Main Studio Sarah	09.45 - 10.45 Body Pump Main Studio Sarah
09.15 - 10.15 Body Pump Main Studio Claire	09.00 - 09.45 BF Burn Main Studio Stacey	09.15 - 10.00 Spin Spin Studio Sarah	09.15 - 10.00 Step & Abs Main Studio Kelly	09.00 - 10.00 Body Combat Main Studio Neale	09.00 - 10.00 Vinyasa Yoga Mind and Body Studio Holly	10.00 - 10.45 Pilates Mind and Body Studio Kelly
10.00 - 10.30 BF Abs Gym Floor Stacey	09.45 - 10.30 Spin Spin Studio Kelly	10.00 - 11.00 PIYO Mind and Body Studio Clare	09.15 - 10.05 Pilates Mind and Body Studio Nikki	10.00 - 11.00 Dynamic Pilates Mind and Body Studio Paula	10.00 - 10.30 Bootcamp Gym Floor Adrian	
10.15 - 11.00 Aerobics Main Studio Claire	09.45 - 10.45 Rocket Yoga Mind and Body Studio Holly	10.15 - 11.00 Freestyle Barre Main Studio Jessica	10.15 - 11.00 Circuits Gym Floor Alex	10.15 - 11.00 Bootcamp Main Studio Alex		
10.30 - 11.30 Vinyasa Yoga Mind and Body Studio Sarah	09.45 - 10.30 Dance Fusion Main Studio Clare	17.30 - 18.15 LBT Main Studio Jen	10.15 - 11.15 Ashtanga Yoga Mind and Body Studio Sarah	11.15 - 12.15 Gentle Pilates Mind and Body Studio Paula		
11.15 - 12.15 Zumba Main Studio Stacey	10.45 - 11.30 Pilates Mind and Body Studio Kelly	18.15 - 19.00 Spin Spin Studio Gaynor	17.45 - 18.30 Spin Spin Studio Sarah	17.30 - 18.30 Hot Yoga Mind and Body Studio Lizzie		
17.30 - 18.15 Body Combat Main Studio Jen	17.30 - 18.15 Body Pump Main Studio Amanda	18.15 - 19.00 Body Combat Main Studio Jen	18.00 - 19.00 Body Pump Main Studio Jen	18.00 - 18.45 Zumba Main Studio Claire		
18.00 - 18.30 BF HIIT Gym Floor Alex	17.30 - 18.30 Hot Yoga Mind and Body Studio Grace	19.00 - 20.00 Vinyasa Yoga Mind and Body Studio Marta	19.00 - 19.45 Zumba Main Studio Stacey	19.00 - 20.00 Kickboxing Main Studio Ben		
18.15 - 19.15 Body Pump Main Studio Jen	18.15 - 19.00 Body Attack Main Studio Holly		19.00 - 20.00 Vinyasa Yoga Mind and Body Studio Anna			
17.30 - 18.30 Deep Stretch Mobility Mind and Body Studio Jane	19.00 - 20.00 Kickboxing Main Studio Ben					
18.15 - 19.00 Spin Spin Studio Sarah M	19.00 - 20.00 Pilates Mind and Body Studio Nikki					
18.30 - 19.30 Vinyasa Yoga Mind and Body Studio Marta						



Group Exercise Class Timetable