

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN 06:30-07:15 Chris	HIIT 06:45-07:30 Mark	SPIN 06:30-07:15 Mandy	HIIT 06:45-07:15 Mark	SPIN 06:30-07:15 Chris		
BODYPUMP 06:45-07:30 Cam	SPIN 07:00-07:45 Jackie	BODYPUMP 06:45-07:30 Cam	SPIN 07:00-07:45 Jackie	BODYPUMP 06:45-07:30 Philip		
BODYCOMBAT 07:45-08:30 Bronagh	BODYPUMP 08:00-08:45 Jackie				SPIN 09:00-09:45 Cam	
SPIN 09:30-10:15 Ruth	YOGA 06:30-07:15 Elaine	PILATES 10:00-10:45 Cam	LBT 10:00-10:45 Cam	PILATES 10:00-10:45 Ruth	BODYPUMP 10:00-10:45 Donna	SPIN 10:15-11:00 Jackie
PILATES 10:00-10:45 Cam	BODYPUMP 10:00-10:45 Cam	AQUA 11:00-11:45 Julie	BODYBALANCE 11:00-11:45 Cam	SPIN 12:15-13:00 Mandy	YOGA 11:30-12:15 Chris	BODYBALANCE 11:00-11:45 Philip
AQUA 11:00-11:45 Donna	BODYBALANCE 11:00-11:45 Cam				SPIN 12:30-13:15 Chris	BODYPUMP 12:00-12:45 Mandy
SPIN 17:30-18:15 Mandy	SPIN 17:30-18:15 Leah	SPIN 17:30-18:15 Emily	SPIN 17:30-18:15 Jackie	SPIN 17:30-18:15 Chris	CIRCUITS 12:30-13:15 Mark	YOGA 13:00-13:45 Chris
BODYPUMP 17:30-18:15 Leah	CIRCUITS 17:30-18:15 Grania	BODYPUMP 17:30-18:15 Jackie	CIRCUITS 17:30-18:15 Grania	BODYPUMP 17:30-18:15 Cam		
CIRCUITS 18:30-19:15 Adam	SPIN 19:00-19:45 Ruth	BODYCOMBAT 18:30-19:15 Hazel	BODYPUMP 19:00-19:45 Leah	BODYCOMBAT 18:30-19:15 Cam		
SPIN 19:00-19:45 Chris	BODYPUMP 19:15-20:00 Donna	SPIN 19:30-20:15 Jackie	SPIN 19:00-19:45 Jackie	YOGA 19:30-20:15 Elaine		
BODYCOMBAT 19:30-20:15 Hazel	AQUA 20:15-21:00 Donna	CIRCUITS 19:30-20:15 Bronagh	PILATES 20:00-20:45 Chris			
YOGA 20:30-21:15 Cam	BODYBALANCE 20:15-21:00 Cam	YOGA 20:30-21:15 Cam			LES MILLS	