

# BODYSCAPE

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 Bodypump - Bronagh	6:45 - 7:30 Spin - Jackie	6:30 - 7:15 Spin - Mandy	6:30 - 7:45 Spin - Emily	6:45 - 7:30 Spin - Chris	9:00 - 9:45 Spin - Cam	10:15 - 11:00 Spin - Jackie
6:45 - 7:30 Spin - Chris		7:00 - 7:45 HIIT - Mark	7:00 - 7:45 Bodybox - Cory	6:45 - 7:30 Bodypump - Philip		
8:00 - 8:30 Bodycore - Team	8:00 - 8:30 Bodyblast - Team			8:00 - 8:30 Bodycore - Team	10:00 - 10:30 Bodycore - Team	11:00 - 11:45 Bodybalance- Philip
9:30 - 10:15 Spin - Jackie	8:00 - 8:45 Bodypump - Jackie	9:30 - 10:15 Bodypump - Leah		10:00 - 10:45 Bodypump - Jackie	10:00 - 10:45 Bodypump - Donna	10:00 - 10:30 Bodyblast- Team
10:00 - 10:30 Bodyblast - Cory	9:15 - 10:15 Yoga - Cam	10:00 - 10:30 Bodyblast - Cory	10:00 - 10:45 LBT - Cam	10:00 - 10:30 Bodyblast - Cory	11:00 - 12:00 Yoga - Chris	12:00 - 12:45 Bodypump - Mandy
9:30 - 10:15 Bodypump - Donna	10:30 - 11:15 Bodypump - Cam	10:30 - 11:30 Pilates- Cam	11:00 - 11:45 Bodybalance- Cam	11:00 - 12:00 Pilates - Ruth	12:15 - 13:00 Bodybox - Mark	13:00 - 14:00 Yoga - Chris
10:30 - 11:30 Yoga - Cam	11:30 - 12:15 Bodybalance - Cam			12:15- 13:00 Spin - Mandy	12:30 - 13:15 Spin - Chris	
11:15 - 12:00 Aqua - Donna						
17:30 - 18:15 Spin - Mandy	17:30 - 18:15 Spin - Leah	17:30 - 18:15 Spin - Emily	17:30 - 18:15 Spin - Jackie	17:30 - 18:15 Spin - Chris		
17:30 - 18:15 Bodypump - Leah	17:30 - 18:15 Bodybox - Cory	17:30 - 18:15 Bodypump - Jackie	17:30 - 18:15 Circuits - Grania	17:30 - 18:15 Bodypump - Cam		
18:00 - 18:30 Bodyblast - Team	18:00 - 18:30 Bodycore- Team	18:30 - 19:00 Bodypower- Team	18:00 - 18:30 Bodyblast- Team	18:00 - 18:30 Bodypower - Team		
18:30 - 19:15 Spin - Chris	18:30 - 19:15 Spin - Cory	18:30 - 19:15 Spin - Jackie	18:30 - 19:15 Bodypump - Hazel	18:30 - 19:15 Bodycombat - Cam		
18:30 - 19:15 Circuits - Adam	18:45 - 19:30 Bodypump - Donna	18:30 - 19:15 Bodycombat - Hazel	20:00 - 21:00 Pilates - Chris	19:00 - 19:30 Bodybend- Team		
19:00 - 19:30 Bodybend - Scott	19:00 - 19:30 Bodypower - Adam					
19:30 - 20:15 Bodycombat - Hazel	19:45 - 20:30 Bodybalance - Bronagh	19:30 - 20:15 Step - Cam		19:20 - 20:05 Bodybalance - Hazel		
20:20 - 21:20 Pilates - Cam	20:00 - 20:45 Aqua - Donna	20:20 - 21:20 Yoga - Cam				