



CLASS TIMETABLE

BODYSCAPE
HEALTHCLUB | SHAW'S BRIDGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bodypump 6:30- 7:15 Bronagh	Spin 6:30- 7:15 Mandy	Bodypump 6:30- 7:15 Bronagh	Spin 6:30- 7:15 Emily	Pump Heavy 6:30- 7:15 Philip	Spin 9:00- 9:45 Cam	Bodycombat 9:00-9:45 Donna
Spin 6:15- 7:15 Emily	Retro pump 8:15- 9:00 Jackie	TRAIN30 Lift 6:15- 6:45 James	TRAIN30 Core 9:15- 9:45 James	Spin 6:30- 7:15 Mandy	Bodybox 9:00- 9:45 Mark	Spin 10:00- 10:45 Jackie
TRAIN30 Surge 9:00- 9:30 Padhraic	Spin 9:15-10:00 Jackie	Bodypump 9:30-10:15 Leah	LBT 10:00- 10:45 Cam	TRAIN30 Pulse 6:30- 7:00 James	Bodypump 10:00- 10:45 Donna	Bodypump 10:00- 10:45 Mandy
Spin 9:30- 10:15 Jackie	Yoga 9:15- 10:15 Cam	TRAIN30 Sweat 10:00- 10:30 James	TRAIN30 Lift 10:00- 10:30 James	Spin 9:30- 10:15 Mandy	Yoga 11:00- 12:00 Chris	Bodybalnce 11:00- 11:45 Philip
Bodypump 9:30- 10:15 Donna	Bodypump 10:30- 11:15 Cam	Pilates 10:30- 11:30 Cam	Bodybalance 11:00- 11:45 Bronagh	Bodytone 10:00- 10:45 Grania	Spin 12:30- 13:15 Chris	Yoga 12:00- 13:00 Chris
TRAIN30 Sweat 10:00- 10:30 James	Bodybalance 11:30- 12:15 Cam	Bodygroove 11:45- 12:15 Bronagh	Spin 17:30- 18:15 Mandy	Pilates 11:00- 12:00 Mandy		
Yoga 10:30- 11:30 Cam	Bodypump 16:30- 17:15 Leah	Spin 17:30- 18:15 Emily	Bodytone 17:30- 18:15 Grania	Pump Heavy 16:30-17:15 Hazel		
Aqua 13:00- 13:45 Donna	Spin 17:30- 18:15 Leah	Bodypump 17:30- 18:15 Hazel	Bodypump 18:30-19:15 Hazel	Spin 17:30- 18:15 Chris		
TRAIN30 Pulse 16:30- 17:00 Padhraic	Bodybox 17:30- 18:15 Emily	Spin 18:30- 19:15 Jackie	Pilates 19:30- 20:30 Chris	Bodypump 17:30- 18:15 Cam		
Spin 17:30- 18:15 Mandy	Spin 18:30- 19:15 Chris	Bodycombat 18:30- 19:15 Hazel	Aqua 19:00- 19:45 Donna	Bodybalance 18:30- 19:15 Hazel		
Bodypump 17:30- 18:15 Leah	Bodypump 18:30- 19:15 Donna	Yoga 19:30- 20:30 Cam				
Circuits 18:30- 19:15 James	Bodybalance 19:30- 20:15 Bronagh					
Bodycombat 19:30- 20:15 Hazel	Aqua 19:30- 20:15 Donna					

TRAIN30
LES MILLS