

# Class Timetable from Monday 17<sup>th</sup> May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45 – 07:30 Indoor Cycling <b>Clare</b>	06:45 – 07:30 Spin <b>Aletia</b>	6:45 – 7:30 Body Pump <b>Sara</b>	06:45 – 07:30 Spin <b>Aletia</b>		07:45 – 08:30 Spin <b>Olly</b>	
09:15 – 10:00 Body Combat <b>Sara</b>	09:15 – 10:10 Body Pump <b>Lisa</b>	09:15 – 09:55 Indoor Cycling <b>Sam</b>	09:15 – 10:10 Body Pump <b>Lisa</b>	09:15 – 10:15 Complete Conditioning <b>Sue</b>	09:00 – 10:00 Zumba <b>Rich</b>	8:30 – 9:30 Body Combat <b>Sara</b>
10:00 – 10:45 Body Balance <b>Sarah T</b>	10:15 – 11:00 Complete Conditioning <b>Sue</b>	10:00 – 10:45 Body Combat <b>Leanne</b>	10:15 – 11:00 Complete Conditioning <b>Lisa</b>	10:15 – 11:00 Dance Fit <b>Rich</b>		09:30 – 10:30 Body Pump <b>Sara</b>
11:00 – 11:45 Swim Fit <b>Sam</b>	11:00 – 12:00 Strictly Dance <b>Sue</b>	10:30 – 11:20 Aqua Aerobics <b>Sam</b>	11:00 – 12:00 Dance Fit <b>Rich</b>	11:00 – 12:00 Body Balance <b>Babs</b>	Junior Fitness 10:00 – 11:00 <b>Jane</b>	
11:30 – 12:25 Line Dance <b>Wendy</b>		10:45 – 11:45 Body Balance <b>Leanne</b>		11:30 – 12:20 Aqua Aerobics <b>Julie</b>		
12:30 – 13:30 Yoga <b>Gill</b>	12:00 – 13:00 Complete Conditioning <b>Jane</b>	12:30 – 13:30 Pilates <b>Sarah T</b>	12:00 – 13:00 Legs, Bums & Core <b>Rich</b>	12:00 – 12:45 Indoor Cycling <b>Aletia</b>		
14:00 – 14:45 Indoor Cycling <b>Olly</b>	14:00 – 15:00 Pilates <b>Sarah T</b>	13:45 – 14:45 Yoga <b>Clare</b>	13:00 – 14:00 Zumba <b>Louise</b>	13:00 – 14:00 Yogalates <b>Aletia</b>		
16:30 – 17:10 Parents & Kids Dance Fit <b>Louise</b>	14:00 – 14:50 Aqua Aerobics <b>Sam</b>		14:30 – 15:30 Tai Chi <b>Mike</b>			16:45 – 17:30 Body Balance <b>Babs</b>
17:30 – 18:15 Body Combat <b>Kim</b>			17:30 – 18:00 Meta Fit <b>Gill</b>			
18:15 – 19:15 Body Pump <b>Steve</b>	17:30 – 18:10 Indoor Cycling <b>Sara</b>	17:30 – 18:30 Hiit & Abs <b>Jane</b>	18:00 – 18:45 Circuit <b>Gill</b>	17:30 – 18:10 Indoor Cycling <b>Clare/Aletia</b>		

19:15 – 19:55 Indoor Cycling <b>Babs</b>	18:15 – 19:00 Body Pump <b>Sara</b>	18:30 – 19:10 Indoor Cycling <b>Gill</b>	18:45 – 19:30 Body Combat <b>Kim</b>	18:15 – 19:15 Body Pump <b>Rach</b>		
	19:00 – 20:00 Body Balance <b>Lisa</b>	19:15 – 20:00 Yoga <b>Gill</b>	19:00 – 19:50 Aqua Aerobics <b>Gemma</b>			
<b>OUTDOOR CLASSES</b>	<b>POOL CLASSES</b>	<b>STUDIO CLASSES</b>				