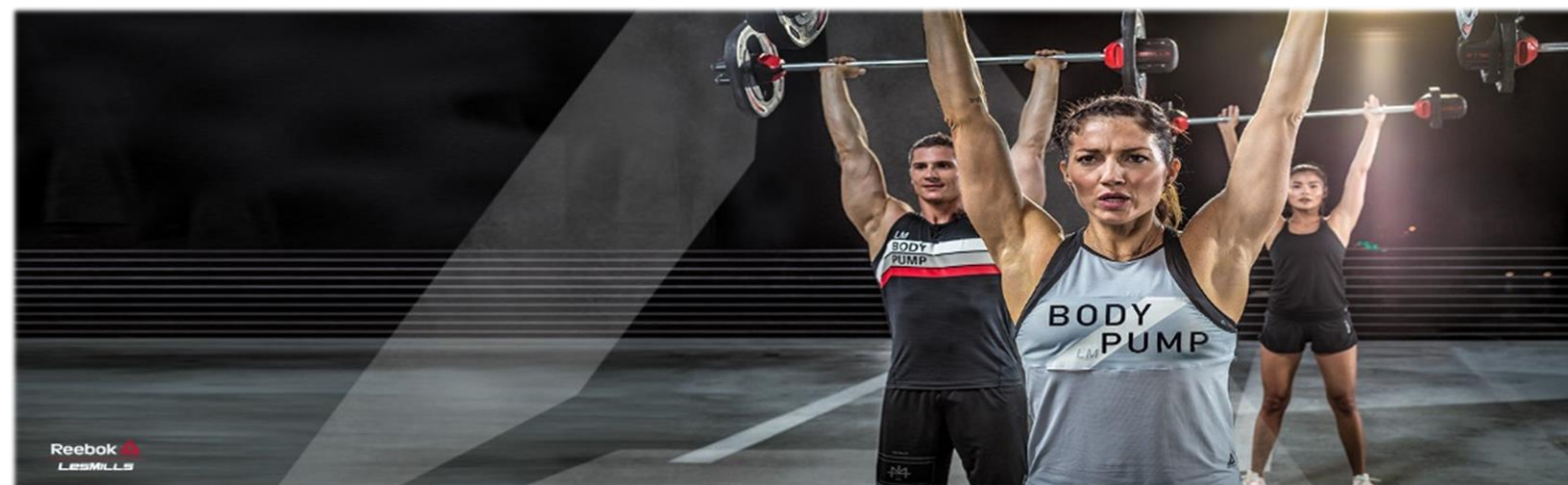


STUDIO CLASS TIMETABLE

MONDAY		
TIME	CLASS	TRAINER
06.45-07.45	BODY PUMP VIRTUAL	
08.00-08.30	BODY COMBAT EXPRESS VIRTUAL	
09.00-09.45	SH'BAM VIRTUAL	
10.05-10.50	MILITARY BOOTCAMP	RACHEL
11.00-12.00	PILATES	ANNETTE
12.00-13.00	PILATES	ANNETTE
13.15-14.15	BODY BALANCE VIRTUAL	
14.30-15.30	BODY COMBAT VIRTUAL	
16.00-17.00	BODY PUMP VIRTUAL	
18.00-18.30	METAFIT	GYM TEAM
18.30-18.55	CORE STRENGTH	GYM TEAM
19.00-20.00	BODY PUMP	RACHEL
20.15-21.15	BODY COMBAT VIRTUAL	



Club Opening Times
From 1st October
2018

Mon-Fri
6.30am – 9.30pm
Last Entry 8pm
Sat-Sun
6.30am – 8.30pm
Last Entry 7pm

TUESDAY		
TIME	CLASS	TRAINER
07.30-08.00	CXWORX VIRTUAL	
08.00-08.30	AQUA AEROBICS (NEW)	CARLA
08.30-09.30	BODY PUMP VIRTUAL	
10.00-10.45	STUDIO STRENGTH (NEW)	CARLA
11.00-12.00	YOGA FLOW (NEW)	SALLY
14.00-15.00	BODY PUMP VIRTUAL	
15.30-16.30	BODY BALANCE VIRTUAL	
16.30-17.00	CXWORX VIRTUAL	
17.00-17.45	SH'BAM VIRTUAL	
18.00-18.30	GRIT SERIES	RACHEL
18.45-19.30	BOXERCIRCUITS	HANNAH
20.00-21.00	BODY PUMP VIRTUAL	

WEDNESDAY		
TIME	CLASS	TRAINER
07.00-07.30	BOOTCAMP	CARLA
08.00-08.30	AQUA AEROBICS	CARLA
07.30-08.30	BODY COMBAT VIRTUAL	
09.25-09.55	GRIT SERIES	RACHEL
10.00-10.45	CIRCUITS	LYN
11.00-12.00	FITNESS BALANCE YOGA	LYN
12.30-13.15	SH'BAM VIRTUAL	
13.15-14.15	BODY PUMP VIRTUAL	
14.30-15.00	CXWORX VIRTUAL	
15.15-16.15	BODY BALANCE VIRTUAL	
16.30-17.30	BODY COMBAT VIRTUAL	
18.00-18.45	ZUMBA	BECKY
19.00-19.30	GRIT SERIES	RACHEL
19.35-20.20	BODY PUMP	RACHEL
20.30-21.00	BODY BALANCE STRENGTH VIRTUAL	

THURSDAY		
TIME	CLASS	TRAINER
07.15-07.45	CXWORX VIRTUAL	
07.50-08.50	BODY PUMP VIRTUAL	
10.00-10.45	LEGS, BUMS & TUMS	HANNAH
11.30-12.30	PILATES	ANNETTE
12.40-13.40	BODY PUMP VIRTUAL	
13.45-14.15	CXWORX VIRTUAL	
14.30-15.00	BODY BALANCE VIRTUAL	
16.00-17.00	BODY PUMP VIRTUAL	
17.00-17.45	SH'BAM VIRTUAL	
18.00-18.30	METAFIT	GYM TEAM
18.30-19.30	POWER YOGA	SANDRA
19.45-20.15	ABS AND STRETCH	LYN
20.30-21.00	BODY PUMP VIRTUAL	

FRIDAY		
TIME	CLASS	TRAINER
06.45-07.45	BODY PUMP VIRTUAL	
07.45-08.30	SH'BAM VIRTUAL	
09.20-10.20	CIRCUITS	RACHEL
10.25-11.25	BODY PUMP	RACHEL
11.30-12.30	PILATES FLOW	ANNETTE
13.00-13.30	BODY PUMP VIRTUAL	
14.30-15.30	BODY BALANCE VIRTUAL	
16.00-17.00	BODY COMBAT VIRTUAL	
18.00-19.00	CHIYOGA	RON
19.30-20.00	BODY PUMP VIRTUAL	
20.15-20.45	BODY BALANCE VIRTUAL	

SATURDAY		
TIME	CLASS	TRAINER
07.30-08.00	CXWORX VIRTUAL	
08.00-09.00	BODY PUMP VIRTUAL	
09.30-10.30	ZUMBA	BECKY
10.30-11.00	GRIT SERIES	RACHEL
11.15-12.15	BODY BALANCE VIRTUAL	
12.30-13.30	BODY COMBAT VIRTUAL	
14.00-15.00	BODY PUMP VIRTUAL	
15.30-16.15	SH'BAM VIRTUAL	
16.30-17.00	CXWORX VIRTUAL	
17.30-18.30	BODY COMBAT VIRTUAL	
18.45-19.45	BODY BALANCE VIRTUAL	

SUNDAY		
TIME	CLASS	TRAINER
08.00-09.00	BODY PUMP VIRTUAL	
09.30-10.30	YOGA SLOW FLOW	JENNIE
10.45-11.15	CXWORX VIRTUAL	
11.30-12.30	BODY PUMP VIRTUAL	
13.30-14.30	BODY BALANCE VIRTUAL	
14.30-15.30	BODY COMBAT VIRTUAL	
15.45-16.45	BODY PUMP VIRTUAL	
18.00-19.00	BODY COMBAT VIRTUAL	
19.00-20.00	BODY BALANCE VIRTUAL	