

Timetable Commencing March 2022

Monday

Time	Class	Studio	Instructor
06:30 - 07:15	Spin	Spin	Jodi
09:30 - 10:30	BodyPump	Studio 2	Liam
09:30 - 10:30	BodyCombat	Studio 1	Bev
09:45 - 10:45	Aqua	Pool	Darin
11:00 - 11:45	Over 50's Aerobics	Studio 2	Loretta
17:30 - 18:30	BodyPump	Studio 2	Emma
18:30 - 19:15	Spin	Spin	Darin
19:30 - 20:30	Zumba	Studio 2	Georgina

Tuesday

Time	Class	Studio	Instructor
06:30 - 07:30	BodyPump	Studio 2	Liam
09:30 - 10:15	Circuits	Studio 1	Jennifer
09:25 - 10:25	Body Tone	Studio 2	Bev
10:35 - 11:35	Aqua	Pool	Bev
10:30 - 11:30	BodyBalance	Studio 1	Karen
10:45 - 12:45	Tai Chi	Studio 2	Andrew
17:30 - 18:30	BodyCombat	Studio 2	Bev
17:45 - 18:30	Spin	Spin	Amy
18:35 - 19:35	Sh'bam	Studio 1	Amy
19:00 - 20:00	Aqua	Pool	Nadia

Wednesday

Time	Class	Studio	Instructor
06:30 - 07:15	Spin	Spin	Jodi
07:30 - 08:00	HIIT	Gym Floor	Dan
09:30 - 10:30	BodyPump	Studio 2	Georgie
09:30 - 10:30	Aqua	Pool	Darin
10:45 - 11:45	Dance	Studio 2	Bev
11:00 - 12:00	BodyBalance	Studio 1	Grace
17:45 - 18:30	Spin	Spin	Darin
17:45 - 18:30	BodyPump	Studio 2	Scott
18:00 - 19:00	BodyBalance	Studio 1	Karen
18:40 - 19:25	BodyAttack	Studio 2	Scott

Thursday

Time	Class	Studio	Instructor
06:30 - 07:15	BodyPump	Studio 2	Emma
08:00 - 08:45	Body Conditioning	Studio 2	Bev
09:00 - 09:45	Circuits	Studio 2	Jennifer
09:30 - 10:30	BodyCombat	Studio 1	Bev
10:45 - 11:45	Body Tone	Studio 2	Bev
10:40 - 12:40	Tai Chi	Studio 1	Andrew
18:00 - 18:45	Spin	Spin	Chris
18:15 - 19:15	LBT	Studio 2	Emma
18:30 - 18:50	Core Blast	Studio 1	Dan
19:15 - 20:15	Aqua	Pool	Nadia
19:30 - 20:30	Zumba	Studio 2	Georgina

Friday

Time	Class	Studio	Instructor
06.30 - 07:15	HIIT	Studio 2	Paz
08:00 - 09:00	Body Tone	Studio 2	Bev
09:30 - 10:15	BodyPump	Studio 2	Bev
09:30 - 10:15	Spin	Spin	Georgie
09:30 - 10:30	Aqua	Pool	Lucy
10:25 - 11:10	Over 50's Dance	Studio 2	Bev
10:30 - 11:30	BodyBalance	Studio 1	Georgie
10:45 - 11:45	Aqua	Pool	Lucy
17:30 - 18:30	BodyPump	Studio 2	Vicky
18:40 - 19:40	BodyBalance	Studio 2	Vicky

Saturday

Time	Class	Studio	Instructor
08:15 - 09:00	Spin	Spin	Amy
08:30 - 09:30	Combat	Studio 2	Bev
09:00 - 10:00	Sh'bam	Studio 1	Amy
11:00 - 12:00	Yoga	Studio 2	Emma

Sunday

Time	Class	Studio	Instructor
08:15 - 09:15	BodyBalance	Studio 1	Vicky
09:30 - 10:30	BodyPump	Studio 2	Vicky
10:00 - 11:00	Aqua	Pool	Nadia
11:15 - 11:45	Spin	Spin	Nadia
17:00 - 17:45	BodyAttack	Studio 2	Amy