

Autumn Class Timetable 11/09/2017 to 21/10/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Cycle 0645-0730 Jason	Spin Flex 0700-0800 Lewis	HIIT 0645-0730 Josh	HIIT 0700-0730 Lewis	Fit & Functional 0700-0800 Josh	Outdoor Fitness 0730-0830 Josh
Fit & Functional 0745-0845 Josh	Insanity 0915-1015 Kasia	P90X 0815-0900 Kasia	Spin Flex 0930-1015 Lewis	Group Cycle 0930-1015 Jason	Strength Training 0800-0845 Lewis
Group Cycle 0930-1015 Jason	PIYO 1030-1115 Kasia	PIYO 0915-1000 Kasia	Suspension Training 1030-1115 Lewis	Core Class 1030-1100 Jason	HIIT 0900-1000 Lewis
Core Class 1030-1100 Jason	FITFAM 1615-1700 Steph (7-15 years)	1015-1115 Zumba Hollie	1130-1215 Aqua Nicky	Strength & Conditioning 1700-1800 Josh	Kids Fit 1000-1045 Lewis
Gentle Yoga 1200-1300 Ty	Yoga 1700-1800 Ty	Pilates 1130-1230 Nicky	Pilates 1330-1430 Nicky	Zumba 1800-1845 Sam	1100-1145 Ballet 3-6yrs Sam
Teen Class 1600-1645 Josh (13-15 years)	Zumba 1815-1900 Hollie	Aqua-Fit 1300-1345 Nicky	FITFAM 1615-1700 Steph (7-15 years)	Adult Ballet 16+ 1845-1930 Sam	1145-1230 Ballet 7-12yrs Sam
Suspension Training 1700-1745 Josh	HIIT 1915-2000 Jason	Zumba 1700-1800 Hollie	P90X 1715-1800 Kasia	Spin Flex 1945-2015 Lewis	
Zumba 1800-1845 Sam	Aqua 1915-2000 Abbie	LBT 1800-1840 Hollie	Kettlercise* 1815-1845 Jason	Total Body Conditioning 2015-2100 Lewis	
Xtreme Fitness** 1900-2000 Josh	Boxercise 2015-2100 Jason	Outdoor Bootcamp 1815-1915 Josh	Fat Attack* 1845-1915 Jason		
Aqua 1915-20.00 Abbie		Zumba 1840-1925 Hollie	Group Cycle 1930-2015 Nicky		*Please attend class ready to start, already warmed up
Group Cycle 2015-2100 Lewis W		Total Body Con 1930-2015 Lewis	Pilates 2030-2130 Nicky		** Class involves advanced movements

Please note there will be no classes over the October half term holiday (23/10/17 to 29/10/17)