

NEW COMPLEX STUDIO TIMETABLE 26.02.2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------------------------------|-------------------------------------|-------------------------------------|--|--|---------------------------------------|
| Group Cycle Lewis W 0645-0730 | Spin Flex Lewis T 0700-0745 | Circuit Training Jake 0915-1000 | Group Cycle Lewis W 0645-0730 | Group Cycle Jason 0645-0730 | Rig Fit Josh 0730-0815 | Group Cycle Abbie 0930-1015 |
| Beginners Pilates Nikki O 0915-1015 | Group Cycle Jason 0930-1015 | Zumba Hollie 1015-1115 | HIIT Lewis T 0700-0730 | Circuit Training Josh 0700-0745 | Strength Training Lewis T 0800-0845 | Kids Fit Jake 1030 - 1115 |
| Group Cycle Lewis W 0930-1015 | Circuit Training Lewis T 0930-1015 | Pilates Nicky B 1130-1230 | Spin Flex Lewis T 0930-1015 | Group Cycle Jason 0930-1015 | Group Cycle Josh 0830-0915 | Group Cycle Lewis W 1700-1745 |
| Core Class Lewis W 1030-1100 | Zumba Hollie 1030-1115 | Aqua-Fit Nicky B 1300-1345 | RIG Suspension Lewis T 1030-1115 | Core Class Jason 1030- 1100 | HIIT Lewis T 0900-1000 | Circuit Training Lewis W 1800-1845 |
| Gentle Yoga Ty 1200-1300 | Yoga Ty 1700-1800 | Zumba Hollie 1700-1800 | Aqua Nicky B 1130-1215 | Zumba Pip 1115-1200 | Kids Fit Lewis T 1000-1045 | Ab Blast Lewis W 1845-1915 |
| Teen Class Josh 1600-1645 | Zumba Hollie 1815-1900 | LBT Hollie 1800-1840 | Pilates Nicky B 1230-1330 | Zumba Gold Pip Gentle 50+ 1215-1300 | | |
| Beginner Pilates Nikki O 1700-1745 | Group Cycle Lewis W 1830-1915 | Rig Fit Josh 1815-1915 | Kids Fit 7-11 yrs Jake 1615-1700 | Strength & Conditioning Josh 1700-1800 | | |
| Training Rig Suspension Josh 1700-1745 | Pilates Nikki O 1915-2015 | Zumba Hollie 1840-1925 | Kettlercise Jason 1815-1845 | Teen Class Aaron 1800-1845 To start 9/3/18 | | |
| Zumba Sam 1800-1845 | Rig Fit/HIIT Jake 1915-2000 | Total Body Con Lewis T 1930-2030 | Fat Attack Jason 1845-1915 | Group Cycle Lewis T 1845-1930 | | |
| Group Cycle Jason 1830-1915 | Aqua Abbie 1915-2000 | Group Cycle Lewis W 1930-2015 | Circuit Training Jason 1930-2015 | Total Body Con Lewis T 1945-2030 | | |
| Extreme Fitness Josh 1900-2000 | Group Cycle Lewis W 1930-2015 | | Rig Fitness Jake 1930-2000 | | | |
| Aqua Abbie 1915-2000 | | | Group Cycle Arron 1930-2015 | | | |
| Boxercise Jason 2015-2115 | | | Pilates Nikki O 2030-2130 | | | |
| Group Cycle Abbie 2015-2100 | | | | | | |

Group Cycle, Spin Flex & All Training Rig Classes are pre bookable on 01626 563250 all other classes are on a first come first serve basis. Please ensure you check in at the reception desk for classes.

