

NEW COMPLEX MAIN STUDIO TIMETABLE 02.01.2018 to 11.02.2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|-------------------------------------|--|---------------------------------------|
| Group Cycle Lewis W 0645-0730 | Spin Flex Lewis T 0700-0745 | HIIT Josh 0700-0745 | Group Cycle Nicky B 0645-0730 | Group Cycle Jason 0645-0730 | Rig Fit Josh 0700-0745 | Group Cycle Abbie 0930-1015 |
| Fit & Functional Josh 0700-0745 | Group Cycle Jason 0930-1015 | 0915-1000 Hollie 17/01 Circuit Training | HIIT Lewis T 0700-0730 | Group Cycle Jason 0930-1015 | Strength Training Lewis T 0800-0845 | Group Cycle Abbie 1700-1745 |
| Beginners Pilates Nikki O 0915-1015 | 0930-1015 Hollie 16/01 Circuit Training | 1015-1115 Hollie 17/01 Zumba | Spin Flex Lewis T 0930-1015 | Circuit Training Josh 0700-0745 | Group Cycle Josh 0845-0930 | Circuit Training Lewis W 1800-1845 |
| Group Cycle Lewis W 0930-1015 | 1030-1115 Hollie 16/01 Zumba | Pilates Nicky B 1130-1230 | RIG TRX Lewis T 1030-1115 | Core Class Jason 1030-1100 | HIIT Lewis T 0900-1000 | Ab Blast Lewis W 1845-1915 |
| Core Class Lewis W 1030-1100 | Kids Fit 12-15 yrs. Jake 1615-1645 | Aqua-Fit Nicky B 1300-1345 | Aqua Nicky B 1130-1215 | Zumba Pip 19/01 1115-1200 | Kids Fit Lewis T 1000-1045 | |
| Gentle Yoga Ty 1200-1300 | Yoga Ty 1700-1800 | Zumba Hollie 17/01 1700-1800 | Pilates Nicky B 1330-1430 | Zumba Gold Pip 19/01 1215-1300 | 1100-1145 Ballet 3-6 years | |
| Teen Class Training Josh 1600-1645 (13-15 years) | Group Cycle Hollie 16/01 1715-1800 | Group Cycle Josh 1715-1800 | Kids Fit 7-11 yrs. Jake 1615-1700 | S&C Josh 1700-1800 | 1145-1230 Ballet 7-12 years | |
| 1700-1745 Nikki O Beginner Pilates | Zumba Hollie 16/01 1815-1900 | LBT Hollie 17/01 1800-1840 | Teen Fitness Jake 1715-1800 12 to 15 years | Group Cycle Lewis T 1845-1930 | | |
| Training Rig Suspension Josh 1700-1745 | Group Cycle Lewis W 1830-1915 | Rig Fit Josh 1815-1915 | Group Cycle Steph 1730-1815 | Zumba Sam 1800-1845 | | |
| Zumba Sam 1800-1845 | Pilates Nikki O 1915-2015 | Zumba Hollie 17/01 1840-1925 | Kettlercise Jason 1815-1845 | Adult Ballet 16+ Sam 1845-1930 | | |
| Group Cycle Jason 1800-1845 | Rig Fit/HIIT Jake 1915-2000 | Total Body Con Lewis T 1930-2030 | Fat Attack Jason 1845-1915 | Total Body Con Lewis T 1945-2030 | | |
| Extreme Fitness Josh 1900-2000 | Group Cycle Lewis W 1930-2015 | Group Cycle Josh 2000-2045 | Circuit Training Jason 1930-2015 | | | |
| Group Cycle Jason 1900-1945 | Aqua Abbie 1915-2000 | | Rig Fitness Jake 1930-2000 | | | |
| Boxercise Jason 2015-2100 | | | Group Cycle Steph 1930-2015 | | | |
| Aqua Abbie 1900-1945 | | | Pilates Nikki O 2030-2130 | | | |
| Group Cycle Abbie 2015-2100 | | | | | | |

Group Cycle, Spin Flex & ALL Training Rig Classes are pre bookable on 0800 464 0900. All other classes are on a first come first serve basis. This will be reviewed regularly.

