

## NEW COMPLEX STUDIO TIMETABLE FOR 03/09/2018 – 21/10/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginners Pilates Nikki O 0915-1015	Spin Flex Lewis T 0700-0745	Box Fit Jake 0700- 0745	HIIT Lewis T 0700-0730	Circuit Training Josh 0700-0745	Rig Fit Josh 0730-0815	Group Cycle Abbie 0930-1015
Group Cycle Jake 0930-1015	Group Cycle Jason 0930-1015	Circuit Training Jake 0915-1000	Spin Flex Lewis T 0915-1000	Group Cycle Jason 0930-1015	Strength Training Lewis T 0800-0845	Kids Fit Jake 1030 -1115
Core Class Jake 1030-1100	Circuit Training Lewis T 0930-1015	Group Cycle Aaron 0930-1015	RIG Suspension Lewis T 1015-1100	Core Class Jason 1030- 1100	Group Cycle Josh 0830-0915	Kettlercise Jake 1200- 1230
Gentle Yoga Ty 1200-1300	Yoga Ty 1700-1800	Zumba Pip 1015-1115	Pilates Nikki O 10:15 – 11:15	Zumba Pip 1115-1200	HIIT Lewis T 0900-1000	Ab Blast Jake 1245- 1315
Teen Class Josh 1600-1645	Zumba Hollie 1815-1900	Zumba Gold Pip 1130-1230	Aqua 1130-1215	Zumba Gold Gentle 50+ Pip 1215-1300	Kids Fit Lewis T 1000-1045	
Beginner Pilates Nikki O 1700-1745	Group Cycle Jake 1830-1915	Aqua-Fit 1300-1345	Kettlercise Jake 1815-1845	Strength & Conditioning Josh 1700-1800	Group Cycle Aaron 1600-1645	
Training Rig Suspension Josh 1700-1745	Pilates Nikki O 1915-2015	Zumba Hollie 1700-1800	Fat Attack Jake 1845-1915	Group Cycle Lewis T 1845-1930	Circuits Aaron 1730-1815	
Zumba Sam 1800-1845	Rig Fit/HIIT Jake 1915-2000	LBT Hollie 1800-1840	Group Cycle Aaron 1900-1945	Total Body Con Lewis T 1945-2030		
Group Cycle Aaron 1830-1915	Aqua Abbie 1915-2000	Rig Fit Josh 1815-1915	Circuit Training Jake 1930-2015			
Extreme Fitness Josh 1900-2000		Zumba Hollie 1840-1925	Pilates Nikki O 2030-2130			
Aqua Abbie 1915-2000		Total Body Con Lewis T 1930-2030				
Box Fit Aaron 2015-2100						

**All classes are pre bookable, Please call 01626 563250. All classes are on a first come first serve basis. Please ensure you check in at the reception desk. Timetable may be subject to change.**

