



Finlake Fitness Studio Timetable 29/10/18 – 19/12/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle Jake 0645-0730	Spin Flex Lewis T 0700-0745	Box Fit Jake 0700- 0745	HIIT Lewis T 0700-0730	Fat Attack Aaron 0700-0745	Rig Met Con Josh 0730-0815	Group Cycle Abbie 0930-1015
Beginners Pilates Nikki O 0915-1015	Circuits Lewis T 0930-1015	Circuits 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
Group Cycle Jake 0930-1015	Group Cycle Jason 0930-1015	Group Cycle Aaron 0930-1015	Suspension Training Lewis T 1015-1100	Core Class Jason 1030- 1100	HIIT Lewis T 0900-1000	Kettlecise Jake 1130- 1200
Core Class Jake 1030-1100	Core Class Jason 1030-1100	Zumba Pip 1015-1115	Pilates Nikki O 10:15 – 11:15	Zumba Pip 1115-1200	Kids Fit Lewis T 1000-1045	Fat Attack Jake 1200- 1230
Gentle Yoga Ty 1200-1300	Beginner Pilates Donna 1115-1215	Zumba Gold Pip 1130-1230	Aqua-Fit Abbie 1130-1215	Zumba Gold Pip 1215-1300	Group Cycle Aaron 1600-1645	
Teen Class Aaron 1600-1645	Yoga Ty 1700-1800	Aqua-Fit Abbie 1300-1345	Suspension Training Aaron 1715-1800	Strength & Conditioning Josh 1700-1800	Muscle Pump Aaron 1730-1815	
Beginner Pilates Donna 1700-1745	Zumba Hollie 1815-1900	Zumba Hollie 1700-1800	Kettlecise Jake 1815-1845	Group Cycle Lewis T 1800-1845		
Suspension Training Aaron 1700-1745	Group Cycle Jake 1830-1915	LBT Hollie 1800-1840	Fat Attack Jake 1845-1915	Zumba Sam 1800-1845		
Zumba Sam 1800-1845	Pilates Nikki O 1915-2015	Rig Met Con Josh 1815-1915	Group Cycle Aaron 1900-1945	Total Body Con Lewis T 1900-1945		
Group Cycle Aaron 1830-1915	Rig/HIIT Jake 1915-2000	Zumba 1840-1925	Zumba Jessie 1915-2000			
Extreme Fitness Josh 1900-2000	Aqua-Fit Abbie 1915-2000	Total Body Con Lewis T 1940-2025	Box Fit Jake 2015-2100			
Aqua-Fit Abbie 1915-2000						
Box Fit Aaron 2015-2100						

All classes are pre bookable up to 6 days in advance, Please book online via WWW.FINLAKEFITNESS.CO.UK or call 01626 563250.

All classes are on a first come first serve basis.

Timetable may be subject to change.

