

Finlake Fitness Studio Timetable 2nd Jan - 15th Feb 2019

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Monday				Beginner Pilates Nikki 09:15 - 10:15			Gentle Yoga Ty 12:30 - 13:30					Teen Fit Aaron 16:00 - 16:45	Suspension Training Aaron 17:00 - 17:45	Zumba Sam 18:00 - 18:45	Extreme Fit Josh 19:00 - 20:00 Aqua Fit Abbie 19:15 - 20:00	Box Fit Aaron 20:15 - 21:00
Tuesday		Spin Flex Lewis 07:00 - 07:45		Circuits Lewis 09:15 - 10:00	Group Cycle Jason 10:15 - 11:00	Core Class Jason 11:15 - 11:45	Beginners Pilates Donna 12:00 - 13:00					Yoga Ty 17:00 - 18:00	Zumba Hollie 18:00 - 18:45	Pilates Nikki 19:00 - 19:45 Aqua Fit Abbie 19:15 - 20:00		
Wednesday				Circuits Aaron 09:15 - 10:00	Group Cycle Aaron 10:15 - 11:00	Pilates Donna 11:15 - 12:15		Aqua Fit Abbie 13:00 - 13:45				Zumba Hollie 17:00 - 18:00	LBT Hollie 18:00 - 18:45 Rig Met Con Josh 18:15 - 19:15	Total Body Con Lewis 19:15 - 20:00	Group Cycle Lewis 20:15 - 21:00	
Thursday		HIIT Lewis 07:00 - 07:45		Spin Flex Lewis 09:15 - 10:00	Rig Fit Lewis 10:15 - 11:15 Pilates Nikki 10:15 - 11:15	Aqua Fit Abbie 11:30 - 12:15						Suspension Training Aaron 17:15 - 18:00 Yoga Clare 17:00 - 18:00	Kettlecise Aaron 18:00 - 18:45	Zumba Jess 19:00 - 19:45	Group Cycle Aaron 20:00 - 20:45	
Friday		Fat Attack Aaron 07:00 - 07:45		Group Cycle 09:30 - 10:15	Core Class Jason 10:30 - 11:00	Zumba Pip 11:15 - 12:00	Flexi Stretch Aaron 12:30 - 13:00					Strength & Conditioning Josh 17:00 - 18:00	Group Cycle Lewis 18:00 - 18:45	Zumba Sam 19:00 - 19:45		
Saturday		Rig Met Con Josh 07:30 - 08:15		HIIT Lewis 09:00 - 10:00	Kids Fit Lewis 10:00 - 10:45							Group Cycle Aaron 16:00 - 16:45	Muscle Pump Aaron 17:00 - 17:45			
Sunday				Group Cycle Abbie 09:30 - 10:15												

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. Classes are FREE to members, £7 to non-members