

Finlake Fitness Studio Timetable

	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		Group Cycle Ashley 11:00-11.45	Pure Bodyweight Ashley 12.00-12.45					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						Zumba Hollie 18.15 - 19.15	Pilates Nikki 19.15 - 20.15 Aqua Fit Abbie 19.15 - 20.00		
Wednesday		Group Cycle Aaron 06.45 - 07:30		Circuits Aaron 09.15 - 10:00	Group Cycle Aaron 10.15 - 11:00	Pilates Donna 11.15 - 12.15	Zumba Gemma 12.30 - 13.15	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	Zumba Gemma 11.30 - 12.15 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 - 13.15					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