

# 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
<b>Monday</b>				<b>Beginner Pilates Nikki</b> 09:15 - 10:15			<b>Yoga Robyn</b> 12.00-13.0 From 29th April					<b>Teen Fit Aaron</b> 16.30 - 17.15	<b>Suspension Training Aaron</b> 17.00 - 17.45	<b>Zumba Sam</b> 18.00 - 18.45	<b>Extreme Fit Josh</b> 19.00 - 20.00 <b>Aqua Fit Abbie</b> 19.00 - 19.45	<b>Box Fit Aaron</b> 20.15 - 21.00
<b>Tuesday</b>		<b>Spin Flex Lewis</b> 07.00 - 07:45		<b>Circuits Lewis</b> 09.15 - 10.00	<b>Group Cycle Jason</b> 10.15 - 11:00	<b>Core Class Jason</b> 11.15 - 11.45	<b>Beginners Pilates Donna</b> 12.00 - 13.00					<b>Yoga Lauren</b> 17.00 - 18.00 From 7th May	<b>Zumba Hollie</b> 18.15 - 19.15	<b>Pilates Nikki</b> 19.15 - 20.15 <b>Aqua Fit Abbie</b> 19.15 - 20.00		
<b>Wednesday</b>		<b>Group Cycle Aaron</b> 06.45 - 07:30		<b>Circuits Aaron</b> 09.15 - 10.00	<b>Group Cycle Aaron</b> 10.15 - 11:00	<b>Pilates Donna</b> 11.15 - 12.15						<b>Zumba Hollie</b> 17.00 - 18.00	<b>LBT Hollie</b> 18.00 - 18.45 <b>Rig Met Con Josh</b> 18.15 - 19.15	<b>Group Cycle Lewis</b> 20.15 - 21.00		
<b>Thursday</b>		<b>HIIT Lewis</b> 07.00 - 07:45		<b>Spin Flex Lewis</b> 09.15 - 10:00	<b>Rig Fit Lewis</b> 10.15 - 11.00 <b>Pilates Nikki</b> 10.15 - 11.15	<b>Aqua Fit Abbie</b> 11.30 - 12.15						<b>Suspension Training Aaron</b> 17.15 - 18.00 <b>Yoga Clare</b> 17.00 - 18.00	<b>Box Fit Aaron</b> 18.15 - 19.00	<b>Zumba Jess</b> 19.00 - 19.45	<b>Group Cycle Aaron</b> 20.00 - 20.45	
<b>Friday</b>		<b>Fat Attack Aaron</b> 07.00 - 07:45		<b>Group Cycle Jason</b> 09.30 - 10.15	<b>Core Class Jason</b> 10.30 - 11.00	<b>Zumba Pip</b> 11.15 - 12.00 <b>Aqua Fit Aaron</b> 11.00 - 11.45	<b>Flexi Stretch Aaron</b> 12.30 - 13.15					<b>Strength &amp; Conditioning Josh</b> 17.00 - 18.00	<b>Group Cycle Lewis</b> 18.00 - 18.45	<b>Zumba Sam</b> 19.00 - 19.45		
<b>Saturday</b>		<b>Strength Training Josh</b> 07.30 - 08:15		<b>HIIT Lewis</b> 09.00 - 09.45	<b>Kids Fit Lewis</b> 10.00 - 10:45											
<b>Sunday</b>				<b>Group Cycle Abbie</b> 09.30 - 10.15												

All classes are pre-bookable up to 6 days in advance,

Please book online via [www.finlakefitness.co.uk](http://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