

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		Group Cycle Hollie 07.00 - 07.45	LBT Hollie 08.00 - 08.45	Beginner Pilates Nikki 09.15 - 10.15		Group Cycle Ashley 11.00 - 11.45	Yoga Robyn 12.00 - 13.00					Teen Fit Aaron 16.30 - 17.15	Suspension Training Will 17.00 - 17.45	Zumba Sam 18.00 - 18.45	Extreme Fit Josh 19.00 - 20.00 Aqua HIIT Aaron 19.00 - 19.45	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 Lauren 17.00 - 18.00	Zumba Hollie 18.00 - 19.00	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 Hollie 17.00 - 18.00	LBT Hollie 18.00 - 18.45 Rig Met Con Josh 18.15 - 19.15	Group Cycle Lewis 19.00 - 20.00	
Thursday		HIIT Lewis 07.00 - 07.45		Spin Flex Lewis 09.15 - 10.00	Rig Fit Lewis 10.15 - 11.00 Pilates Nikki 10.15 - 11.15	Zumba Debbie 11.30 - 12.15 Aqua Fit Abbie 11.30 - 12.15							Suspension Training Aaron 17.30 - 18.15 Yoga Clare 17.30 - 18.30	Box Fit Aaron 18.30 - 19.15	Zumba Jess 19.15 - 20.00	Group Cycle Aaron 20.15 - 21.00
Friday		Fat Attack Aaron 07.00 - 07.45		Group Cycle Jason 09.30 - 10.15	Core Class Jason 10.30 - 11.00	Zumba Pip 11.15 - 12.00 Aqua HIIT Aaron 11.45 - 12.30	Pilates Ashley 12.15 - 13.15						Strength & Conditioning Josh 17.00 - 18.00	Group Cycle Lewis 18.00 - 18.45	Zumba Sam 19.00 - 19.45	
Saturday		Strength Training Josh 07.30 - 08.15		HIIT Lewis 09.00 - 09.45	Kids Fit Lewis 10.00 - 10.45											
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