

# Studio Timetable

## September 1<sup>st</sup> 2009

Day	Time	Class	Level	Instructor
Monday	9.30 – 10.15	Bodypump	All	Tracey B
Monday	10.30 – 11.15	Aero Bike (Studio 2)	All	Gym Team
Monday	10.30 - 11.15	Bodyattack	All	Rachel
Monday	11.30 – 12.15	Bodybalance	All	Rachel
Monday	12.35 – 13.10	Aqua	All	Katrina
Monday	13.30 –14.15	Pilates	All	Kiri
Monday	14.30 – 15.15	Young at Heart	All	Kiri
Monday	17.30 - 18.15	Bodycombat	All	Richard
Monday	18.15 - 19.00	Aero Bike (Studio 2)	All	Shaun V
Monday	18.30 – 19.30	LBT	All	Lyn
Monday	19.30 – 20.30	Fitness Pilates	All	Lyn
Tuesday	9.30 – 10.15	Pure Step	All	Amberley / Anna
Tuesday	10.30 – 11.30	Yoga	All	Lauren
Tuesday	13.30 – 14.15	Aero Bike (Studio 2)	All	Gym Team
Tuesday	17.30 – 18.20	LBT	All	Lesley
Tuesday	18.30 – 19.30	Bodyattack	All	Katrina
Tuesday	19.30 – 20.30	Bodybalance	All	Eunice
Wednesday	9.30 – 10.15	Bodycombat	All	Richard
Wednesday	10.30 – 11.15	Bodypump	All	Richard
Wednesday	11.30 - 12.15	Bodybalance	All	Richard
Wednesday	12.30 – 13.15	Young At Heart	All	Katrina
Wednesday	13.35 – 14.05	Aqua	All	Katrina
Wednesday	17.45 – 18.45	BodyCombat	All	Richard
Wednesday	19.00 – 20.00	Body Pump	All	Richard
Wednesday	19.00 – 19.45	Aero Bike (Studio 2)	All	Shaun V
Thursday	9.30 – 10.15	Step	All	Carolyn
Thursday	10.30 – 11.15	LBT	All	Carolyn
Thursday	11.30 – 12.30	Yoga	All	Mandy
Thursday	13.30 – 14.15	Aero Bike (Studio 2)	All	Gym Team
Thursday	17.30 – 18.30	Circuits	All	Richard
Thursday	18.30 – 19.30	Step	All	Lyn
Thursday	19.30 – 20.30	Yoga	All	Lyn
Friday	9.30 – 10.15	Body Conditioning	All	Tracy D
Friday	10.30 – 11.15	Young At Heart	All	Tracy D
Friday	11.30 – 12.15	Pilates	All	Lesley
Friday	17.45 – 18.45	Bodyattack	All	Rachel
Friday	18.00 – 18.45	Aero Bike (Studio 2)	All	Gym Team
Saturday	9.00 – 9.45	Core strength	All	Richard
Saturday	10.00 – 11.00	Bodycombat	All	Richard
Saturday	11.15 – 12.15	Body Pump	INT	Richard
Sunday	9.00 – 09.55	Bodyattack	All	Katrina
Sunday	9.00 – 9.45	Aero Bike (Studio 2)	All	Shaun D
Sunday	10.00 – 11.00	Bodypump	All	Richard
Sunday	11.15 – 12.15	Bodybalance	All	Richard

Please book classes in advance to avoid disappointment on 01793 833700 option 3