

Studio Timetable

Day	Time	Class	Level	Instructor
Monday	9.30 – 10.15	Bodypump	All	Lisa
	10.30 - 11.15	Bodyattack	All	Rachel
	11.30 – 12.15	Bodybalance	All	Rachel
	12.35 – 13.10	Aqua	All	Katrina
	13.30 –14.15	Pilates	All	Tracy
	14.30 – 15.15	Young at Heart	All	Katrina
	17.30 - 18.15	Bodycombat	All	Richard
	18.15 - 19.00	Aero Bike (Studio 2)	All	Shaun V
	19.15 -20.00	Aero Bike (Studio 2)	All	Shaun V
	18.30 – 19.30	LBT	All	Lyn
	19.30 – 20.30	Fitness Pilates	All	Lyn
Tuesday	9.30 – 10.15	Pure Step	All	Anna
	10.30 – 11.30	Yoga	All	Lauren
	11.35 - 12.20	Pilates	All	Rachel
	18.00 – 19.00	Bodyattack	All	Katrina
	19.00 – 20.00	Bodybalance	All	Eunice
Wednesday	9.30 – 10.15	Bodycombat	All	Richard
	10.30 – 11.15	Bodypump	All	Richard
	12.30 – 13.15	Young At Heart	All	Katrina
	13.35 – 14.05	Aqua	All	Katrina
	17.45 – 18.45	Bodycombat	All	Richard
	18.00 – 18.45	Aero Bike (Studio 2)	All	Shaun V
	19.00 – 20.00	Bodypump	All	Richard
	19.00 – 19.45	Aero Bike (Studio 2)	All	Shaun V
Thursday	9.30 – 10.15	Step	All	Millie
	10.30 – 11.15	Bodyjam	All	Eunice
	11.30 – 12.30	Yoga	All	Gail
	17.45 - 18.15	Core Strength	All	Richard
	18.00 – 18.45	Aero Bike (Studio 2)	All	Emma/Jan
	18.30 – 19.30	Step	All	Lyn
	19.30 – 20.30	Yoga	All	Lyn
Friday	9.30 – 10.15	Body Conditioning	All	Tracy D
	10.30 – 11.15	Young At Heart	All	Tracy D
	11.30 – 12.15	Pilates	All	Rachel
	17.45 – 18.45	Bodyjam	All	Eunice
Saturday	9.00 – 9.45	Core strength	All	Richard
	10.00 – 11.00	Bodycombat	All	Richard
	11.15 – 12.15	Bodypump	All	Richard
Sunday	9.00 – 09.55	Bodyattack	All	Lisa
	10.00 – 11.00	Bodyjam	All	Eunice
	11.15 – 12.15	Bodybalance	All	Katrina

Please book classes in advance to avoid disappointment