



# Studio Class Timetable

## Monday:

9.30am Body Pump—Nicola  
10.30am LBT—Claudine  
6.00pm Pilates—Della  
7.00pm Body Combat—Kimberly  
7.00pm Spinning - Della  
8.00pm Body Pump—Della

## Wednesday:

9.30am Body Combat—Hollie  
10.30am HIIT Strength—Hollie  
6.15pm Spinning—Marise  
6.00pm Body Attack—Kimberly  
6.45pm Hatha Yoga—6.45pm  
7.45pm HIIT Strength—Hollie

## Friday:

9.30am Freestyle Step—Vicky  
9.30am Spinning – Marise  
10.15am Core—Vicky  
10.45am Jump—Dan  
7.00pm Body Pump – Hannah

## Sunday:

9.30am Body Pump—Hollie  
10.30am Body Combat—Hollie  
10.30am RPM —Dan

## Tuesday:

9.30am Body Attack—Hannah  
10.30am Jump —Dan  
10.30am Spinning—Marise  
11.15am Pilates—Paul  
6.00pm MetaFit - Jake  
6.30pm Body Step—Kimberly  
7.15pm Core—Faye  
7.30pm RPM—Dan  
7.45pm Body Jam—Jade

## Thursday:

9.30am BodyStep—Kimberly  
10.15am Body Pump—Hollie  
11.30am Hatha Yoga—Jade  
\*5.00pm Street & Disco Dance 6-18 yrs\*  
6.00pm MetaFit—Dan  
6.30pm Jump—Dan  
7.00pm Sh'Bam—Laura-Ann  
7.00pm Spinning—Ian  
8.00pm Boxercise—Ian

## Saturday:

8.45am Jump / Abs—Dan  
9.30am MetaFit—Dan  
10.15am Body Attack (45) - Darren  
11.00am CX Worx—Darren  
1.30pm Kids Ballet 5—7 —Kerry\*

## Notes:

Members have priority in all classes.  
Non members welcome; £6 per class.  
\* additional fees apply\*

