

Group Fitness Timetable

	Time	Class	Instructor
Monday	10.00 - 11.00	Hips, Bums & Tums	Sarah T
	13.15 - 14.15	GP Circuit	Angella
	17.00 - 18.00	Family Step	Sarah T
	19.30 - 20.30	Body Pump	Pat
Tuesday	10.00 - 11.00	Fat Burn, Pump & Sculpt	Sarah T
	13.00 - 14.00	Active Heart	Tim
	18.00 - 19.00	Hips, Bums & Tums	Sarah T
Wednesday	09.00 - 10.00	Gym Session	Sarah T
	11.00 - 12.00	AquaFit (50+ Class/GP Referral)	
	12.15 - 13.15	Seated Exercise	Tonya
	18.00 - 19.00	Fat Burning Step 'n' Tone	Sarah T
	19.00 - 20.00	Pilates	Amanda
	20.00 - 21.00	Yoga	Amanda
Thursday	10.00 - 11.00	Hips, Bums & Tums	Sarah T
	11.30 - 12.30	Fall Prevention Programme	Tonya
	18.00 - 19.00	Soul Sisters	Angella
	19.00 - 20.00	Body Pump	Pat
	20.00 - 21.00	Yogalates	Amanda
	Friday	10.00 - 11.00	Step Aerobics
Saturday	10.00 - 11.00	Tri Class	Hina
	11.00 - 12.00	Cardio Kick	Gary
	12.00 - 13.00	Trim & Tone	Eyvonne
Sunday	10.00 - 11.00	Back to Basics	Angella
	11.00 - 12.30	Combat Fitness/Abs	Eyvonne



Spin Fit Timetable

	Time	Class	Class
Monday	09.15 - 10.00	Spin Fit	Angella
	18.30 - 19.15	Spin Fit	Lisa Bangs
Tuesday	09.15 - 10.00	Spin Fit & Abs	Nat
	19.00 - 19.45	Spin Fit	Patricia D
	20.00 - 20.45	Spin Fit	Lisa Bangs
Wednesday	09.15 - 10.00	Spin Fit (Non Bookable)	Lisa Bangs
	19.00 - 19.45	Spin Fit	Maya
Thursday	09.15 - 10.00	Spin Fit (Beginners)	Jamie
	18.15 - 19.00	Spin Fit	Pat R
	19.00 - 19.45	Spin Fit	Maya
Friday	07.00 - 07.45	Spin Fit	Maya
Saturday	09.15 - 10.00	Spin Fit	Val
	10.00 - 10.45	Family Spin Fit	Maya
Sunday	12.30 - 13.15	Spin Fit	Ella

Please arrive early classes are very busy.

You must obtain a valid ticket from Reception before entering the Spinfit Studio.

Any sessions booked and not attended you will be charged for.

