

Group Fitness Timetable

	Time	Class	Location
Mon	09.30-10.30	Aerobics	Studio
	10.45-11.30	Stability Ball	Studio
	18.40-19.40	Tums, Bums & Thighs	Studio
	19.40-20.40	Body Balance	Studio
	20.45-21.45	Body Pump	Studio
Tues	09.30-10.30	Body Combat	Studio
	10.45-11.45	Body Pump	Studio
	13.30-14.30	Body Balance	Studio
	19.00-20.00	Step	Studio
	20.30-21.30	Body Combat	Studio
Wed	09.30-10.30	Aerobics	Studio
	10.45-11.30	Stability Ball	Studio
	13.30-14.30	Phoenix Club (Over 50's)	Studio
	18.00-19.00	Yoga	Studio
	19.00-19.55	Aerobics	Studio
20.00-21.00	Body Pump	Studio	
Thurs	09.30-10.30	Body Balance	Studio
	18.45-20.00	Yoga	Crèche
	19.00-20.00	Body Pump	Studio
	20.15-21.15	Body Combat	Studio
Fri	09.30-10.30	Body Pump	Studio
Sat	09.15-10.15	Aerobics	Studio
Sun	09.30-10.30	Body Combat	Studio
	17.00-18.00	Body Pump	Studio

