

Group Fitness Timetable

Monday	09.30 - 10.30	Body Combat
	10.00 - 10.55	Aerobics
	10.30 - 11.30	Pilates
	17.00 - 18.00	Body Pump
	17.30 - 18.00	Studio Cycling
	18.15 - 18.55	Step
	18.15 - 19.00	Circuits
	19.00 - 19.55	Aerobics
	19.00 - 20.00	Body Combat
20.00 - 21.00	Yoga	
Tuesday	10.00 - 10.55	Step
	10.00 - 11.00	Yoga
	17.30 - 18.30	Core Stability (Fitball)
	18.00 - 18.55	Circuits
	19.00 - 19.55	Body Combat
	20.00 - 21.00	Body Attack
Wednesday	09.30 - 10.30	Body Combat
	10.00 - 10.55	Aerobics
	11.00 - 11.55	Double Whammy
	17.30 - 18.00	Studio Cycling (Beg)
	18.00 - 18.55	Body Pump
	18.00 - 18.45	Studio Cycling
	18.00 - 19.00	Pilates (Imp)
	19.00 - 20.00	Pilates (Imp)
	19.00 - 19.30	Studio Cycling (Beg)
	19.30 - 20.30	Boxercise
	20.00 - 21.00	Pilates (Beg)
Thursday	09.30 - 10.30	Body Combat
	18.00 - 18.55	Circuits
	18.00 - 18.45	Fitball
	19.00 - 19.55	Body Combat
	20.00 - 21.00	Body Attack
	20.00 - 20.55	Body Conditioning
Friday	10.00 - 10.55	Aerobics
	10.30 - 11.30	Pilates
	18.15 - 19.15	Body Pump
Saturday	13.00 - 14.00	Body Combat
	16.00 - 17.00	Circuits
	17.00 - 18.00	Body Pump
Sunday	09.30 - 10.30	Body Combat
	10.30 - 11.30	Body Pump
	16.00 - 17.00	Body Balance