

# Group Fitness Timetable

## WORKOUT STUDIO TIMETABLE

<b>Mon</b>	9.30-10.25am	20-20-20	<b>Thur</b>	9.30-10.25am	Body Conditioning
	10.30-11.30am	Spinning		10.30-11.30am	Spinning
	10.30-11.30am	Pilates		10.30-11.25am	Body Balance
	11.30-12.15pm	Fit'n'Fifty		2.00-2.45pm	Fit'n'Fifty
	5.45-6.25pm	Body Conditioning		6.00-6.55pm	LBT
	6.00-7.00pm	Spinning		6.00-7.00pm	Spinning
	6.30-7.25pm	Step		7.00-8.00pm	Spinning
	7.30-8.25pm	Circuit Training		7.00-7.55pm	20-20-20
	8.00-8.55pm	AquaFit			
8.30-9.25pm	Body Pump				
<b>Tue</b>	9.30-10.55am	Aerobics/Body Cond.	<b>Fri</b>	9.30-10.25am	Aerobics
	10.30-11.30am	Spinning		10.30-11.30am	Spinning
	11.00-11.55am	Body Balance		10.30-11.30am	Yoga
	1.00-1.55pm	Body Pump		5.15-6.00pm	Step
	2.00-2.45pm	40+		6.00-6.55pm	Body Pump
	5.45-6.25pm	Aerobics	7.00-7.55pm	Body Combat	
	6.00-7.00pm	Spinning	<b>Sat</b>	9.00-10.00am	Body Pump
	6.30-7.25pm	Body Combat		10.00-10.55pm	Body Combat
	7.30-8.25pm	Legs, Bums & Tums		10.00-11.00am	Spinning
8.30-9.25pm	Body Balance				
<b>Wed</b>	9.30-10.25am	Body Conditioning	<b>Sun</b>	9.30-10.25am	Body Combat
	10.30-11.25am	Spinning		10.30-11.25am	Body Pump
	10.30-11.25am	Sun Power Yoga		5.45-6.40pm	LBT
	5.45-6.25pm	Body Conditioning		7.00-7.55pm	AquaFit
	6.00-7.00pm	Spinning		7.00-8.30pm	Yoga
	6.30-7.25pm	Step			
	7.00-8.00pm	Spinning			
	7.30-8.25pm	Body Pump			
	8.30-9.25pm	Circuit Training			

For all prices  
please call  
(01295) 257522

