

Class Timetable

Monday					Wednesday					Friday							
A M	06:30 - 07:00	Abs Blast	Gym Team	G	**	A M	07:00-07:30	Spinning Express	Gym Team	SS	**	A M	07:15-07:45	Abs blast	Gym Team	G	**
	07:15-07:45	Spinning VR	VR	SS	**		09:15-10:15	Core Stability	Maria	S1	**		09:15-10:15	Circuits	Maria	S1	**
	09:15-10:00	Spinning	Graham	SS	**		09:15-10:15	Zumba	Heather	S2	**		10:15-11:15	Kick A.S.S.	Maria	S1	**
	10:15-11:15	Low Impact Circuit	Graham	S1	*		10:15-11:15	BTT	Maria	S2	**		13:00-13:30	Aqua Fit	Debbie	MP	*
	09:15 - 10:15	Yogalates	Caroline	S2	*		10:15-11:15	Bootcamp	Graham	S1	***		15:30-16:30	Spinning VR	VR	SS	**
	10:15-11:15	Yogalates	Caroline	S2	*		10:15-11:15	Heartbeats	Chris	G	*		17:30 - 18:00	Circuits	Suzanne	S1	***
	11:15 - 12:15	Aerobic Circuit	Caroline	S2	*		13:00-13:30	Aqua Fit	Graham	MP	*		18:00-18:30	HIIT	Suzanne	S1	***
	13:00-13:30	Aqua Fit	Graham	MP	*		14:00-14:45	Low Impact Circuit	Graham	S1	*		18:00 - 18:30	Spinning Express	Gym Team	SS	***
	13:30-14:30	Heartbeats	Kyle	S1	*		15:30-16:30	Spinning VR	VR	SS	**		Saturday				
	15:30-16:30	Spinning VR	VR	SS	**		17:30-18:00	Circuits	Kyle	S1	***		09:00-09:45	Spinning	Neville/Suzanne	SS	**
18:00-18:45	Spinning	Pete	SS	**	18:00-19:00	Mind & Body	Gemma	S2	*	10:00-11:00	BTT	Wendy	S1	**			
18:00-19:00	Bootcamp	Kyle	SH	***	18:00-18:30	Kettlebells	Kyle	S1	***	Sunday							
18:30-19:30	Tone Zone	Wendy	S1	*	18:15-19:00	Spinning	Pete	SS	**	10:00-10:30	Spinning Express	Gym Team	SS	**			
19:05-19:35	HIIT	Pete	S2	***	18:30-19:30	Tone Zone	Wendy	S1	*	17:00-17:45	Spinning	Brendon	SS	**			
19:15-20:00	Spin Strength	Kyle	SS	***	19:05-19:35	HIIT	Pete	S2	***	S1 Studio 1							
19:45-20:45	Pilates	Estelle	S2	*	19:30-20:30	Aeromix	Wendy	S1	**	S2 Studio 2							
					19:45-20:45	Fitness Yoga	Gemma	S2	*	G Gym							
										SH Sports Hall							
Tuesday					Thursday												
A M	09.15-10.00	Body Bar	Penny	S1	**	A M	07:00 - 07:30	HIIT	Suzanne	S1	***	All classes suitable for persons aged 16 years and over					
	09:15-10:15	Pilates	Maria	S2	**		09:15-10:15	Yogalates	Caroline	S2	*	Classes are suitable for those aged over 14 years to attend with a responsible person aged over 16 years					
	10:15-11:00	Spinning	Gym Team	SS	**		09:15-10:00	Spinning	Gym Team	SS	**	The class time includes administration, introduction, set up of equipment and clearing away.					
	13:00 - 13:30	Aqua Fit	Graham	MP	*		13:00-13:30	Aqua Fit	Debbie	MP	*	Cancellations: Non-attendance of classes or cancellation on the day will be chargeable. This applies to all categories of membership.					
	13:45 - 14:00	Low Impact Circuit	Graham	S1	*		15:30-16:30	Spinning VR	VR	SS	**						
	15:30-16:30	Spinning VR	VR	SS	**		18:15-19:15	BTT	Maria	S1	**						
	17:30-18:00	Kettlebells	Maria	S1	***		18:15-19:00	Spinning	Neville	SS	**						
	18:00-19:00	Body Bar	Maria	S1	**		19:15-20:00	Spinning	Nicola	SS	**						
	18:00-18:30	Spinning Express	Gym Team	SS	**		19:20-20:20	Bootcamp	Neville	S1	***						
	18:45-19:30	Spinning	Neville	SS	**		20:00-21:00	Aqua Fit	Debbie	MP	*						
19:00-20:00	Aqua Fit	Debbie	MP	*	19:15-20:15	Pilates	Estelle	S2	*								
19:05-20:05	Pilates	Maria	S2	*													
19:30 - 20:30	Boxercie	Graham / Pete	S1	***													