

FITNESS TIMETABLE



MONDAY

07:00 - 07:30	Park H.I.I.T	Claire	Garage
09:15 - 10:00	Spin	Lisa	Spin Studio
09:30 - 10:15	Body Conditioning	Claire	Studio 2
10:15 - 11:00	Chair fit and Chat	Lorraine	Studio 1
10:30 - 11:15	Parent & Baby LBT	Claire	Studio 2
11:30 - 12:30	Pilates	Dawn	Studio 2
12:30 - 13:15	Strength & Sculpt	Claire	Gym
17:15 - 17:45	Park H.I.I.T	Kellie	Garage
18:00 - 18:45	Spin	Kellie	Spin Studio
18:00 - 18:45	Kettlebells	Jo	Studio 2
19:00 - 20:00	Hatha Yoga	Dawn	Studio 2
19:30 - 20:15	Garage H.I.I.T	Liam	Garage

TUESDAY

07:00 - 07:30	Express Spin	Agnes	Spin Studio
09:15 - 10:00	Kettlebells	Claire	Studio 2
10:15 - 11:00	Parent & Baby Body Conditioning	Funmi	Studio 2
10:15 - 10:45	Express Spin	Claire	Spin Studio
13:30 - 14:30	Hatha Yoga	Jo	Studio 2
17:15 - 17:45	Park H.I.I.T	Kellie	Garage
18:00 - 18:45	LBT	Kellie	Studio 2
18:00 - 18:45	Spin	Lisa	Spin Studio
18:00 - 19:00	Vinyasa Yoga	Jo	Studio 1
18:55 - 19:25	Park Shred	Kellie	Studio 2
19:30 - 20:15	Zumba	Sandra	Studio 2

WEDNESDAY

07:00 - 07:30	Park H.I.I.T	Kellie	Garage
09:30 - 10:00	Express Spin	Kellie	Spin Studio
10:15 - 10:45	LBT	Kellie	Studio 2
10:15 - 11:00	Parent & Baby Shred		
11:00 - 12:00	Pilates	Dawn	Studio 2
12:15 - 13:15	Zumba	Georgia	Studio 2
11:30 - 12:30	BMXercise	Edel	BMX Track
14:00 - 14:45	Chair Fit & Chat	Kellie	Studio 2
14:00 - 14:45	Parent & Baby H.I.I.T	Claire	Garage
17:15 - 17:45	Park H.I.I.T	Claire	Garage
18:00 - 18:45	Kettlebells	Claire	Studio 2
18:55 - 19:40	Yin Yoga	Jo F	Studio 2
19:00 - 19:45	Spin	Claire	Spin Studio
19:00 - 20:00	Combat	Liam	Studio 1

THURSDAY

06:30 - 07:00	Park H.I.I.T	Kellie	Garage
06:45 - 07:30	Sunrise Yoga	Dawn	Studio 1
07:05 - 07:35	Express Spin	Kellie	Spin Studio
09:15 - 10:00	Vinyasa Yoga	Jo	Studio 1
09:15 - 10:00	PARK Shred	Kellie	Studio 2
10:15 - 11:00	P & B Kettlebells	Claire	Studio 2
10:30 - 11:30	Pilates	Jo L	Studio 1
13:00 - 13:45	Strength & Sculpt	Claire	Gym
16:15 - 16:45	Jnr H.I.I.T	Claire	Garage
17:15 - 17:45	Kettlebells	Claire	Studio 2
17:50 - 18:20	Express Spin	Hannah	Spin Studio
18:00 - 19:00	Fusion Yoga	Corrine	Studio 1
18:00 - 18:45	Garage H.I.I.T	Claire	Garage
19:00 - 19:45	LBT	Lisa	Studio 2
19:15 - 20:00	Dance Fitness	Zoe	Studio 1

FRIDAY

09:00 - 09:45	Spin	Funmi	Spin Studio
09:15 - 10:00	Body Conditioning	Claire	Studio 2
09:15 - 10:15	Combat	Liam	Studio 1
10:00 - 10:30	Park H.I.I.T	Funmi	Garage
10:15 - 11:00	Parent&Baby H.I.I.T	Claire	Studio 2
10:30 - 11:30	Pilates	Jo L	Studio 1
12:30 - 13:15	Strength & Sculpt	Claire	Gym
12:00 - 13:00	Dance Fitness	Zoe	Studio 2
15:00 - 15:45	Chair Fit & Chat	Agnes	Studio2
17:45 - 18:15	Kettlebells	Jo	Studio 2
18:30 - 19:00	Express Spin	Jo	Spin Studio

SATURDAY

08:00 - 08:30	Park H.I.I.T	Kellie/Claire	Garage
08:00 - 09:00	Fusion Yoga	Corinne	Studio 2
08:45 - 09:15	Express Spin	Kellie/Claire	Spin Studio
09:15 - 09:45	Body Blitz	Jo	Studio 1
09:30 - 10:00	Kettlebells	Kellie/Claire	Studio 2
10:15 - 11:00	Spin	Jo	Spin Studio
10:15 - 11:15	Vinyasa Yoga	Corinne	Studio 2

SUNDAY

08:15 - 08:45	Park H.I.I.T	Justyna	Garage
09:00 - 09:45	Spin	Justyna	Spin Studio
09:00 - 09:45	Vinyasa Yoga	Sanya/Corinne	Studio 2
10:00 - 10:30	CORE30	Justyna	Studio 2