

Studio Class Timetable

From 2nd January 2023

DAYS	TIME	CLASS	VENUE	INSTRUCTOR
Monday	9:30-10:15	Strength & Conditioning	Studio	Gym Team
	10:30-11:00	Abs Blast	Gym Floor	Gym Team
	10:30-11:30	Yoga (from 16 th Jan)	Studio	Nicola
	11:45-12:45	Pilates	Studio	Chris
	13:00-14:00	Zumba	Studio	Georgia
	17:00-17:30	Spin Express	Kinesis	Gym Team
	18:00-18:40	Kinesis Bootcamp	Studio	Gym Team
	18.00-18.45	Total Body Spin	Studio	Michelle
	18.50-19.50	Yogalates	Studio	Michelle
Tuesday	9:15-10:00	Body Sculpt	Studio	Lisa
	9:15-10:00	The Big 6	Gym Floor	Gym Team
	10:15-11:00	Bounce Circuit	Studio	Lisa
	10:20-11:00	Aqua	Pool	Gym Team
	11:15-12:15	Pilates (from 10 th Jan)	Studio	Hazel
	18.00-18.45	Combat	Studio	Michelle
	18.00-18.45	Gym Upper Body Session	Gym Floor	Gym Team
	18.50-19.35	Upper Body Blast	Studio	Michelle
WEDNESDAY	9:15-10:00	Strength & Conditioning	Studio	Gym Team
	10:15-10:45	Spin Express	Studio	Gym Team
	11.00-12.00	Yoga	Studio	Kerri
	18:00-18:45	Instructor Choice	Gym Floor	Gym Team
	18:00-18:45	Zumba (from 11 th Jan)	Studio	Georgia
	18:50-19:50	Ashtanga Yoga (from 11 th Jan)	Studio	Sarah
THURSDAY	9.15-10.00	Zumba	Studio	Georgia
	9.30-10.00	Kinesis Core	Kinesis	Gym Team
	10:00-10:30	Kinesis Core	Kinesis	Gym Team
	10.00-11.00	Pilates	Studio	Hazel
	11.15-12.15	Pilates	Studio	Hazel
	18:00-18:45	Gym Lower Body Session	Gym Floor	Gym Team
	18.00-18.45	Lower Body Blast	Studio	Michelle
	18.50-19.35	Yogalates	Studio	Michelle
FRIDAY	9:30-10:15	Body Sculpt	Studio	Lisa
	9:30-10:00	Abs Blast	Gym Floor	Gym Team
	10:20-11:00	Aqua	Pool	Gym Team
	10:20-11:05	Block 123	Studio	Lisa
	11:15-12:15	Yoga	Studio	Kerri
	17:00-17:45	Circuit Training	Studio	Gym Team
Saturday	9.15-10.00	Total Body Spin	Studio	Michelle
	9:15-10:00	The Big 6	Gym Floor	Gym Team
	10:15-11:15	Yogalates	Studio	Michelle
	16:00-16:45	Circuits	Studio	Gym Team
Sunday	10:00-10:45	Circuits	Studio	Gym Team
	16:00-16:45	The Big 6	Gym Floor	Gym Team