

FITNESS TIMETABLE 19 FEBRUARY - 04 MARCH 2018

	<u>TIME</u>	<u>CLASS</u>	<u>LEVEL</u>	<u>INSTRUCTOR</u>	<u>VENUE</u>
MONDAY	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
19-Feb	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	YVETTE	FS
	10.30-11.25AM	BODY VIVE	(ALL)	ANTHEA	FS
	5.15-6.00PM	STEP BLAST	(ALL)	DAVE	FS
	5.45-6.30PM	SPINNING	(ALL)	MARK	SPIN STUDIO
	6.00-7.00PM	BODY ATTACK	(ALL)	DAVE	FS
	7.00-8.00PM	SPINNING	(ALL)	JOHN	SPIN STUDIO
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.15-8.15PM	BODY VIVE	(ALL)	JANE	DFH
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
20-Feb	9.30-10.25AM	BODY VIVE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	CHLOE	GYM
	5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	DFH
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.00-8.00PM	YOGA	(ALL)	YVETTE	CAMBRIDGE
	7.15-8.00PM	INTRO TO SPIN	(BEG)	ANDY	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	TBC	FS
21-Feb	9.30-10.15AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	BODY PUMP	(ALL)	ANDY	FS
	10.30-11.30AM	ZUMBA	(BEG)	ANTHEA	FS
	12.30-1.30PM	GYM INDUCTION	(16+)	MARK	GYM
	12.45-1.30PM	BODY VIVE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	ANTHEA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ADV)	CHLOE	DFH
POP UP CLASS	6.00-7.00PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
22-Feb	6.45-7.30AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	JUSTINE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	2.30-3.15PM	CHAIR BASED	(ALL)	SAM	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	JEMMA	GYM
	5.45-6.40PM	BODY PUMP	(ALL)	ANDY	FS
	6.00-7.00PM	SPINNING	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	BODY ATTACK	(ALL)	DAVE	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	7.30-8.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS
FRIDAY	6.45-7.30AM	BODY BLAST	(ALL)	CHLOE	FS
23-Feb	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	10.30-11.15AM	BODY PUMP	(ALL)	JUSTINE	FS
NEW CLASS	12.30-1.15PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(ALL)	DAVE	GYM
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	DAVE	GYM
	5.30-6.00PM	YOGA BLAST	(ALL)	YVETTE	FS
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS
24-Feb	9.00-10.00AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	YVETTE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	DAVE	FS
	10.30-11.30AM	GYM INDUCTION	(16YRS+)	CHLOE	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	YVETTE	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	JEMMA/SHARON	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	DAVE	FS
25-Feb	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	DAVE	FS
	11.30-12.30PM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	2.00-3.00PM	SKI FIT	(ALL)	MARK	FS

	4.00-5.00PM	STRONG	(ALL)	PHIL	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	MARK/DAVE P/NICK	GYM
	5.30-6.30PM	ZUMBA	(ALL)	BECKY/PHIL	FS
MONDAY	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
26-Feb	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	10.30-11.25AM	BODY VIVE	(ALL)	ANTHEA	FS
	5.15-6.00PM	STEP BLAST	(ALL)	DAVE	FS
	5.45-6.30PM	SPINNING	(ALL)	MARK	SPIN STUDIO
	6.00-7.00PM	BODY ATTACK	(ALL)	DAVE	FS
	7.00-8.00PM	SPINNING	(ALL)	JOHN	SPIN STUDIO
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.15-8.15PM	BODY VIVE	(ALL)	JANE	DFH
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
27-Feb	9.30-10.25AM	BODY VIVE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	MARK P	GYM
	5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
	6.00-6.45PM	HIIT	(INT)	JO	FS
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	DFH
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.00-8.00PM	YOGA	(ALL)	JANE	CAMBRIDGE
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	9.30-10.15AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
28-Feb	9.30-10.25AM	BODY PUMP	(ALL)	JUSTINE	FS
	10.30-11.30AM	ZUMBA	(BEG)	ANTHEA	FS
	12.30-1.30PM	GYM INDUCTION	(16+)	MARK	GYM
	12.45-1.30PM	BODY VIVE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	JUSTINE	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ADV)	MATT	DFH
POP UP CLASS	6.00-7.00PM	LOW IMPACT AEROBICS/CONDITIONING	(ALL)	DAVE	FS
	7.00-8.00PM	BODY PUMP	(ALL)	DAVE	FS
THURSDAY	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
01-Mar	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	JUSTINE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	2.30-3.15PM	CHAIR BASED	(ALL)	SAM	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	NICK	GYM
	5.45-6.40PM	BODY PUMP	(ALL)	DAVE	FS
	6.00-7.00PM	SPINNING	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	BODY ATTACK	(ALL)	DAVE	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	NICK	GYM
	7.30-8.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS
FRIDAY	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
02-Mar	9.30-10.15AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	10.30-11.15AM	BODY PUMP	(ALL)	JUSTINE	FS
NEW CLASS	12.30-1.15PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(ALL)	DAVE	GYM
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	DAVE	GYM
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS
03-Mar	9.00-10.00AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	DAVE	FS
	10.30-11.30AM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	JANE	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	JEMMA/SHARON	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	DAVE	FS
04-Mar	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	DAVE	FS
	11.30-12.30PM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	2.00-3.00PM	SKI FIT	(ALL)	MARK	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	MARK/DAVE P/NICK	GYM