

FITNESS TIMETABLE 23 JULY - 12 AUG 2018

	TIME	CLASS	LEVEL	INSTRUCTOR	VENUE
MONDAY	6.45-7.30AM	BOOTCAMP NEW	(ALL)	JEMMA	MEET BODYZONE
23-Jul	6.45-7.30AM	SPINNING	(ALL)	ALEX	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	10.30-11.25AM	LES MILLS TONE	(ALL)	ANTHEA	FS
	1.30-2.30pm	ACTIVE HEALTH	(ALL)	MARK	FS/GYM
	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	BODY BALANCE	(ALL)	ANTHEA	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
24-Jul	9.30-10.25AM	LES MILLS TONE	(ALL)	JUSTINE	FS
	10.30-11.30AM	LOW IMPACT AEROBICS	(BEG/50+)	DAVE	FS
	1.30-2.30PM	ACTIVE HEALTH	(BEG/50+)	DAVE	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	TBC	GYM
	5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.30AM	BODY PUMP	(ALL)	JUSTINE	FS
25-Jul	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	LES MILLS TONE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	JO	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ALL)	MARK P	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
26-Jul	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	JUSTINE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	1.30-2.30AM	ACTIVE HEALTH	(ALL)	MARK	FS/GYM
	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
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
FRIDAY	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
27-Jul	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	9.30-10.15AM	SPINNING	(ALL)	TBC	SPIN STUDIO
	10.30-11.15AM	BODY PUMP	(ALL)	PAULA	FS
	1.30-2.30PM	ACTIVE HEALTH	(ALL)	ANDY	GYM
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	WAYNE	GYM
	6.00-7.00PM	BOOTCAMP	(ALL)	MATT	Meet Bodyzone 5.50pm
NEW CLASS	6.00-7.00PM	SPINNING	(ALL)	MARK P	SPIN STUDIO
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	ALEX	FS
28-Jul	9.00-10.00AM	SPINNING	(ALL)	MARK P	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	ANTHEA	FS
	11.00-12.00PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	PAULA	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
29-Jul	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	11.30-12.30PM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	4.30-5.30PM	STRONG	(ALL)	PAULA	FS
	5.30-6.30PM	JAZZ AEROBICS	(ALL)	PAULA	FS
MONDAY	6.45-7.30AM	BOOTCAMP NEW	(ALL)	JEMMA	MEET BODYZONE
30-Jul	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	10.30-11.25AM	LES MILLS TONE	(ALL)	ANTHEA	FS
	1.30-2.30PM	ACTIVE HEALTH	(ALL)	MARK	FS/GYM
	5.15-6.00PM	STEP BLAST	(ALL)	JO	FS
	5.45-6.30PM	SPINNING	(ALL)	MARK	SPIN STUDIO
	6.00-7.00PM	AEROBIC ATTACK	(ALL)	PAULA	FS
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO

31-Jul	9.30-10.25AM	LES MILLS TONE	(ALL)	JUSTINE	FS
	10.30-11.30AM	LOW IMPACT AEROBICS	(BEG/50+)	ANTHEA	FS
	1.30-2.30PM	ACTIVE HEALTH	(BEG/50+)	MARK	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	CHLOE	GYM
	5.45-6.45PM	SPINNING	(ALL)	JO	SPIN STUDIO
	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	7.00-8.00PM	STEP	(INT)	JO	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY 1-Aug	6.45-7.30AM	NEW BODY PUMP	(ALL)	JUSTINE	FS
	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	LES MILLS TONE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	PAULA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ALL)	MARK	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY 2-Aug	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	JUSTINE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	1.30-2.30PM	ACTIVE HEALTH	(ALL)	JEMMA	FS/GYM
	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
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
FRIDAY 3-Aug	6.45-7.30AM	BODY BLAST	(ALL)	ALEX	FS
	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	9.30-10.15AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	10.30-11.15AM	BODY PUMP	(ALL)	PAULA	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	WAYNE	GYM
	NEW CLASS	6.00-7.00PM	BOOTCAMP	(ALL)	MATT
	6.00-7.00PM	SPINNING	(ALL)	MARK P	SPIN STUDIO
SATURDAY 4-Aug	8.00-8.50AM	BODY ATTACK	(ALL)	ALEX	FS
	9.00-10.00AM	SPINNING	(ALL)	MARK P	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	TBC	FS
	11.00-12.00PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	JANE/JUSTINE	FS
SUNDAY 5-Aug	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	11.30-12.30PM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	4.30-5.30PM	STRONG	(ALL)	PAULA	FS
	5.30-6.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS
MONDAY 6-Aug	6.45-7.30AM	BOOTCAMP NEW	(ALL)	JEMMA	MEET BODYZONE
	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	10.30-11.25AM	LES MILLS TONE	(ALL)	ANTHEA	FS
	1.30-2.30PM	ACTIVE HEALTH	(ALL)	JEMMA	FS/GYM
	5.15-6.00PM	STEP BLAST	(ALL)	PAULA	FS
	5.45-6.30PM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	BECKY	GYM
TUESDAY 7-Aug	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
	9.30-10.25AM	LES MILLS TONE	(ALL)	JUSTINE	FS
	10.30-11.30AM	LOW IMPACT AEROBICS	(BEG/50+)	ANTHEA	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	CHLOE	GYM
	5.45-6.45PM	SPINNING	(ALL)	MARK	SPIN STUDIO
	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	7.00-8.00PM	STEP	(INT)	PAULA	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY 8-Aug	6.45-7.30AM	NEW BODY PUMP	(ALL)	JUSTINE	FS
	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+)	JEMMA	GYM

	12.45-1.30PM	LES MILLS TONE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	PAULA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ALL)	MARK	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
9-Aug	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
	1.30-2.30PM	ACTIVE HEALTH	(ALL)	JEMMA	FS/GYM
	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)	BECKY	SPIN STUDIO
	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)	ALEX	FS
10-Aug	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	9.30-10.15AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	10.30-11.15AM	BODY PUMP	(ALL)	PAULA	FS
	12.30-1.15PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	DAVE	GYM
NEW CLASS	6.00-7.00PM	BOOTCAMP	(ALL)	DAVE	Meet Bodyzone 5.50pm
	6.00-7.00PM	SPINNING	(ALL)	TBC	SPIN STUDIO
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS
11-Aug	9.00-10.00AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	DAVE	FS
	11.00-12.00PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	JUSTINE/JANE	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	DAVE	FS
12-Aug	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
	4.30-5.30PM	STRONG	(ALL)	PAULA	FS
	5.30-6.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS