



# STUDIO TIMETABLE

APRIL 2017  
01225 838680

**AEROBIC FITNESS  
& CALORIE  
BURNING**

**CONDITION &  
TONE MUSCLES**

**DANCE BASED  
CLASSES**

**RELAX,  
STRENGTHEN  
& RE-ENERGISE**

## MONDAY

**0800 BODY PUMP**  
0845 Sharon

**0845 SPIN**  
0930 Sharon

**0845 BARRE FITNESS**  
0930 Mel

**0930 ZUMBA**  
1015 Mirella K

**1030 BODY BALANCE**  
1130 Jules

**1100 AQUA (POOL)**  
1145 Jess

**1130 POWER YOGA**  
1300 Angela

**1715 SPIN**  
1800 Gym Team

**1745 BODY PUMP TECHNIQUE**  
1800 Barry

**1800 BODY PUMP**  
1900 Barry

**1900 STEP**  
2000 Barry

## TUESDAY

**0845 BODY BALANCE**  
0930 Jules

**0930 CONDITIONING**  
1030 Jules

**1030 HATHA YOGA**  
1200 Angela

**1700 YOGA**  
1800 Mirella L

**1800 BODY ATTACK**  
1900 Chris

**1900 BODY BALANCE**  
2000 Nikki

## WEDNESDAY

**0700 GRIT CLASS**  
0730 Bobby

**0800 FUNCTIONAL FITNESS**  
0845 James

**0845 SPIN**  
0930 James

**0930 ZUMBA**  
1015 Juliet/Siobhan

**1030 BODY PUMP**  
1130 Jules

**1140 YOGA**  
1240 Mirella

**1730 FITNESS PILATES**  
1815 Brenda

**1815 ZUMBA**  
1900 Debby

**1900 SPIN**  
2000 James

**1900 BODY ATTACK**  
2000 Aajay

## THURSDAY

**0800 SPIN & ABS**  
0845 James

**0845 BODY BALANCE**  
0930 Nikki

**0930 CONDITIONING**  
1015 Nikki

**1015 ZUMBA**  
1100 Juliet/Siobhan

**1100 PILATES**  
1200 Gaby

**1215 PILATES**  
1315 Kay

**1800 BOXERCISE**  
1900 Barry

**1900 BODY PUMP**  
2000 Barry

## FRIDAY

**0700 GRIT CLASS**  
0730 Charley

**0800 FUNCTIONAL FITNESS**  
0845 James

**0845 SPIN**  
0930 James

**0930 BODY PUMP**  
1030 Charley

**1030 PILATES**  
1200 Gaby

**1100 AQUA (POOL)**  
1145 Nikki

**1200 TOTAL BODY WORKOUT**  
1300 Jackie

**1745 SPIN**  
1830 Melissa

**1800 GRIT CLASS**  
1830 Bobby

**1830 BODY BALANCE**  
1930 Nikki

## SATURDAY

**0900 GRIT CLASS**  
0930 Charley

**0930 BODY ATTACK**  
1030 Charley

**1030 FITNESS PILATES**  
1130 Brenda

**1140 BODY PUMP**  
1240 Charley

**1400 BARRE FITNESS**  
1445 Mel

**1700 YOGA**  
1800 Mirella L

**1800 BOXERCISE**  
1900 Barry

## SUNDAY

**1000 CIRCUITS**  
1100 Gym Team

**1100 SH'BAM**  
1145 Rita

**1200 BODY BALANCE**  
1300 Rita