



STUDIO TIMETABLE / 2017

MEMBERS & HOTEL GUESTS WELCOME
PLEASE BOOK ON 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 Bobby

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

1230 PILATES
1400 Storme

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

1030 BODY PUMP
1130 Jules

1140 YOGA
1240 Mirella L

1730 FITNESS PILATES
1815 Brenda

1815 ZUMBA
1900 Debby

1900 SPIN
1945 James

1900 STREET DANCE
2000 Fi

THURSDAY

0800 SPIN & ABS
0845 James

0845 BODY BALANCE
0930 Nikki

0930 CONDITIONING
1015 Nikki

1015 ZUMBA
1100 Juliet

1100 PILATES
1200 Gaby

1215 PILATES
1315 Kay

1700 BODY ATTACK
1800 Charley

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

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

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