

Fitness Classes Timetable as of 07/12/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am(Mon) Indoor Cycling All Levels (0/17) 45 minutes (Shelley .coleman)	7.00am(Tue) Indoor Cycling All levels (0/17) 45 minutes (Carla Haines)	7.30am(Wed) Gentle Yoga (0/17) 45 minutes (Patricia Geraghty)	7.00am(Thu) Indoor Cycling All levels (0/17) 45 minutes (Dawn Turner)	8.30am(Fri) Indoor Cycling & Abs Workout Beginners (0/17) 45 minutes (Michaela P)	8.30am(Sat) Indoor Cycling All levels (0/17) 45 minutes (Emily Keen)	9.00am(Sun) Indoor Cycling All levels (0/17) 45 minutes (Shelley .coleman)
9.30am(Mon) Pump (0/17) 45 minutes (Lisa Gray)	8.00am(Tue) Gentle Yoga In the Studio (0/17) 1 hour (Paula .perry)	8.30am(Wed) Legs, Bums & Tums (0/17) 45 minutes (Lisa Gray)	9.15am(Thu) Interval Conditioning All levels (0/17) 45 minutes (Zoe Stephens)	9.30am(Fri) Body Conditioning All levels (0/17) 45 minutes (Lisa Gray)	9.30am(Sat) Attack (0/17) 45 minutes (Becca .)	10.00am(Sun) Dance Fitness (0/17) 45 minutes (Mel Brooks)
10.30am(Mon) Pump (0/17) 45 minutes (Lisa Gray)	9.30am(Tue) Attack (0/17) 45 minutes (Becky Davies)	9.30am(Wed) Legs, Bums and Tums All levels (0/17) 45 minutes (Lisa Gray)	10.00am(Thu) Ab Conditioning (0/17) 45 minutes (Zoe Stephens)	10.30am(Fri) Dance Fitness All levels (0/17) 45 minutes (Lisa Gray)	10.30am(Sat) Pump (0/17) 45 minutes (Becca .)	
11.30am(Mon) 50+ Fitness All levels (0/17) 45 minutes (Lisa Gray)	10.30am(Tue) Dance Fitness All levels (0/17) 45 minutes (Lisa Gray)	10.30am(Wed) Pump (0/17) 45 minutes (Lisa Gray)	11.15am(Thu) Dance Fitness Beginners (0/17) 45 minutes (Lisa Gray)	11.30am(Fri) Stott Pilates In the Studio (0/17) 45 minutes (Louisa .)	11.30am(Sat) Motone (0/17) 45 minutes (Paula .perry)	
12.25pm(Mon) Aqua Fit (0/14) 40 minutes (Lisa Gray)	11.30am(Tue) Dance Fitness (0/17) 45 minutes (Lisa Gray)	11.30am(Wed) 50+ Fitness All levels (0/17) 45 minutes (Lisa Gray)	12.15pm(Thu) 50+ Fitness (0/17) 45 minutes (Lisa Gray)	12.30pm(Fri) Yoga Hatha in Studio (0/17) 1 hour (Mick Welch)		
1.05pm(Mon) Aqua Fit (0/14) 40 minutes (Lisa Gray)	12.30pm(Tue) Pilates (0/17) 45 minutes (Viv .)	12.30pm(Wed) Pilates In the studio (0/17) 45 minutes (Viv .)	12.40pm(Thu) Aqua Zumba (0/14) 45 minutes (Emma Newton-Bates)	1.20pm(Fri) Aqua Fit (0/14) 45 minutes (Lisa Gray)		
2.00pm(Mon) Dance Fitness All levels (0/17) 45 minutes (Lisa Gray)	12.40pm(Tue) Aqua Fit (0/14) 45 minutes (Michaela P)	1.20pm(Wed) Aqua Fit (0/14) 35 minutes (Lisa Gray)	1.15pm(Thu) Dance Fitness (0/17) 45 minutes (Lisa Gray)	3.45pm(Fri) Tai Chi All levels (0/17) 1 hour (Trevor Priest)		
5.29pm(Mon) Stott Pilates in the lounge (0/14) 45 minutes (Louisa .)	5.30pm(Tue) Indoor Cycling (0/17) 45 minutes (Lisa Gray)	1.55pm(Wed) Aqua Fit (0/14) 35 minutes (Lisa Gray)	5.30pm(Thu) Body Conditioning All levels (0/17) 45 minutes (Louisa .)	5.30pm(Fri) Indoor Cycling All levels (0/17) 45 minutes (Carla Haines)		
5.30pm(Mon) Indoor Cycling All levels (0/17) 45 minutes (Richard Palmer)	6.30pm(Tue) Legs, Bums & Tums All levels (0/17) 45 minutes (Zoe Stephens)	5.30pm(Wed) Body Conditioning (0/17) 45 minutes (Zoe Stephens)	6.30pm(Thu) Dance Fitness All levels (0/17) 45 minutes (Louisa .)			
6.29pm(Mon) Body Conditioning In the Lounge (0/14) 45 minutes (Louisa .)	7.00pm(Tue) Gym Circuits (0/12) 1 hour (Carla Haines)	6.30pm(Wed) Indoor Cycling Indoor Cycling (0/17) 45 minutes (Richard Palmer)	7.05pm(Thu) Aqua Fit (0/14) 40 minutes (Leonie Prentice)			
6.30pm(Mon) Indoor Cycling all levels (0/17) 45 minutes (Richard Palmer)	7.05pm(Tue) Aqua Fit (0/14) 40 minutes (Leonie Prentice)	7.30pm(Wed) Indoor Cycling (0/17) 45 minutes (Richard Palmer)	7.30pm(Thu) Indoor Cycling (0/17) 45 minutes (Emily Keen)			
7.30pm(Mon) Yoga (0/17) 45 minutes (Mick Welch)	7.30pm(Tue) Legs, Bums and Tums All levels (0/17) 45 minutes (Louisa .)	8.30pm(Wed) Dance Fitness All levels (0/17) 45 minutes (Mel Brooks)	7.45pm(Thu) Aqua Fit (0/14) 40 minutes (Leonie Prentice)			
	7.45pm(Tue) Aqua Fit (0/14) 40 minutes (Leonie Prentice)		8.30pm(Thu) Stott Pilates In the Studio (0/17) 45 minutes (Louisa .)			
	8.30pm(Tue) Stott Pilates In the Studio (0/17) 45 minutes (Louisa .)					