

Workout Timetable

Monday

| | | |
|-------------|------------------|------------|
| 7.00-7.45 | Spin | Studio 2 |
| 9.30-10.30 | BodyConditioning | Studio 1 |
| 9.30-10.15 | Spin | Studio 2 |
| 10.30-11.30 | Zumba | Studio 1 |
| 10.30-11.30 | Yoga | Studio 2 |
| 12.00-12.45 | Aquatherapy | Teach Pool |
| 14.00-14.45 | 50+ Circuit | Studio 1 |
| 15.15-16.45 | Phase 4 £ | Studio 1 |
| 18.00-19.00 | BodyStep | Studio 1 |
| 18.00-19.00 | BodyBalance | Studio 2 |
| 19.00-19.45 | Spin - Vibe | Studio 2 |
| 19.00-20.00 | BodyCombat | Studio 1 |
| 19.00-19.45 | Aqua Aerobics | Teach Pool |
| 20.00-21.00 | BodyPump | Studio 1 |

Tuesday

| | | |
|-------------|------------------|------------|
| 9.30-10.30 | 50+ Chi Ball | Studio 1 |
| 9.30-10.15 | Spin | Studio 2 |
| 10.30-11.30 | Pilates | Studio 2 |
| 18.00-19.00 | Abs Butts Thighs | Studio 1 |
| 18.00-18.45 | Spin | Studio 2 |
| 19.00-20.00 | Zumba | Studio 1 |
| 19.00-20.00 | Pilates | Studio 2 |
| 20.00-20.45 | Aqua Aerobics | Teach Pool |
| 20.00-21.00 | BodyCombat | Studio 1 |

Wednesday

| | | |
|-------------|---------------|------------|
| 9.30-10.30 | BodyStep | Studio 1 |
| 10.30-11.30 | ABT | Studio 1 |
| 12.00-13.00 | Phase 4 £ | Studio 1 |
| 18.00-18.45 | Spin | Studio 2 |
| 18.00-19.00 | BodyCombat | Studio 1 |
| 19.00-20.00 | BodyPump | Studio 1 |
| 19.00-20.00 | BodyBalance | Studio 2 |
| 19.00-19.45 | Deep Aqua | Dive Pit |
| 19.15-20.00 | Aqua Aerobics | Teach Pool |
| 20.00-21.00 | Spin and Abs | Studio 2 |

Thursday

| | | |
|-------------|---------------|----------|
| 9.30-10.30 | BodyPump | Studio 1 |
| 10.30-11.30 | ChiBall Aerob | Studio 1 |
| 10.30-11.15 | Spin | Studio 2 |
| 18.00-19.00 | BodyCombat | Studio 1 |
| 18.00-18.45 | Spin | Studio 2 |
| 19.00-20.00 | Yoga | Studio 2 |
| 19.00-20.00 | ABT | Studio 1 |
| 20.00-21.00 | Zumba | Studio 1 |

Friday

| | | |
|-------------|------------|----------|
| 9.30-10.30 | BodyCombat | Studio 1 |
| 9.30-10.30 | ABT | Studio 2 |
| 10.30-11.30 | BodyAttack | Studio 1 |
| 18.30-19.15 | Spin | Studio 2 |

Saturday

| | | |
|-------------|------------|----------|
| 8.00-9.00 | BodyAttack | Studio 1 |
| 9.00-10.00 | BodyPump | Studio 1 |
| 10.00-11.00 | BodyCombat | Studio 1 |

Sunday

| | | |
|-------------|---------------|------------|
| 9.00-9.45 | Aqua Aerobics | Teach Pool |
| 9.00-10.00 | ABT | Studio 2 |
| 10.00-11.00 | BodyCombat | Studio 1 |
| 11.00-11.45 | Spin | Studio 2 |

Timetable subject to change during school and Bank Holidays – call centre for details 0845 1552277