

# New Class Programme January 2nd 2017

## Monday

9.30am – 10.15am	Zumba Gold	Marietta
10.30am – 11.15am	LBT	Rachel
11.30am – 12.15pm	Pilates	Jay
12.30pm – 1.30pm	Yoga	Jay
5.15pm – 6pm	Yoga	Ann
6.15pm – 7pm	LBT	Sue
7pm – 8pm	Aqua Natal	Kerri
7.15pm – 8pm	Body Combat	Sharon
7.15pm – 8pm	Insanity	Kev
8.15pm – 9pm	Kettlebells	Sharon

## Tuesday

6.45am – 7.30am	Studio Cycling	Robin
9.30am – 10.15am	Zumba	Rachel
10.30am – 11.15am	Body Pump	Rachel
11.30am – 12.15pm	Pilates	Marion
5.15pm – 6pm	Body Pump	Imogen
6.15pm – 7pm	Body Combat	Rachel
7.15pm – 8pm	Step	Kat
7.30pm – 8.30pm	Aqua Aerobics	Lorna
8.15pm – 9pm	Studio Cycling	Sharon

## Wednesday

6.45am – 7.30am	Studio Cycling	Jay
9.30am – 10.15am	Zumba	Laura
10.30am – 11.15am	Pilates	Lisa
11.30am – 12.15pm	Studio Cycling	Becky
12.30pm – 1.15pm	Tai-Chi	Ang
2.15pm – 3.15pm	Aqua Aerobics	Rachel
5.15pm – 6pm	Piloxing	Lauren
6.15pm – 7pm	Kettlebells	Sharon
7.15pm – 8pm	Yoga	Jay
8.15pm – 9pm	HITT	Peter

## Thursday

6.45am – 7.30am	Studio Cycling	Iain
9.30am – 10.15am	Studio Cycling	Kev
10am – 11am	Aqua Zumba	Marietta
10.30am – 11.15am	Core Xtra Abbs	Kev
11.30am – 12.15pm	Body Combat	Kev
12.30pm – 2pm	Yoga	Ruth
5.15pm – 6pm	LBT	Sharon
5.15pm – 6pm	Body Cross Circuit	Jake
6.15pm – 7pm	Body Pump	Karen
7pm – 8pm	Aqua Aerobics	Lorna
7.15pm – 8pm	Pilates	Karen
8.15pm – 9pm	Zumba	Dianne

## Friday

9am – 10am	Aqua Aerobics	Lisa
9.30am – 10.15am	Zumba	Becky
11.15am – 12.45pm	Yoga	Ruth
1.15pm – 2pm	Studio Cycling	Iain
5.15pm – 6pm	Studio Cycling	Sharon
6.15pm – 7pm	Zumba	Becky
7.15pm – 8pm	Hit Circuit	Sharon






## Saturday

8.30am - 9.15am	Dance Fitness	Dianne
9.30am – 10.15am	Kettlebells	Sharon
10.30am – 11.15am	Body Combat	Sharon
11.30am – 12.15pm	Studio Cycling	Sharon
12.30pm – 1.15pm	Body Pump	Kev

## Sunday

8.30am – 9.15am	Pilates	Hayley
9.30am – 10.15am	Body Combat	Kev
10.30am – 11.15am	Studio Cycling	Kev
11.30am – 12.15pm	Studio Cycling	Kev

## Key

 Dance	 Holistic	 Cardiovascular
 Toning	 Aqua	