

Studio & Aqua Timetable

Merry Christmas

Day	Class	Time	Instructor
Sat 24 th	Body Pump	09:00 - 10:00	Tracy
	Body Combat	10:00 - 11:00	Tom D
Tues 27 th	Body Pump	09:30 - 10:30	Tom J
	Pilates	11:00 - 12:00	Lynn W
	Spin	17:00 - 17:45	Andrew
	Body Conditioning	17:45 - 18:30	Dave
Weds 28 th	Body Combat	10:00 - 11:00	Sarah
	Zumba	11:00 - 12:00	Gemma
	Fitness Crew (junior)	16:00 - 16:45	Fitness Team
	Body Combat	17:30 - 18:30	Tom D
	Express Gym Circuits	17:45 - 18:15	Dave

Day	Class	Time	Instructor
Thur 29 th	Body Pump	09:30-10:30	Tracy
	Aqua Fit	10:00-10:45	Gemma
	Pilates	11:00-12:00	Lynn W
	Body Pump	17:30-18:30	Suneil
Fri 30 th	Body Combat	09:45-10:45	Martine
	Fitness Crew (junior)	16:00-16:45	Fitness Team
	Zumba	17:30-18:30	Lisa
Sat 31 st	Body Pump	09:00-10:00	Tracy
	Body Combat	10:00-11:00	Tom D
Mon 2 nd	Body Define	09:30 - 10:30	Dave
	Pilates	11:00 - 12:00	Lynn W
	Fitness Crew (junior)	16:00 - 16:45	Fitness Team

