

## FITNESS TIMETABLE 19 MARCH - 08 APRIL 2018

	<u>TIME</u>	<u>CLASS</u>	<u>LEVEL</u>	<u>INSTRUCTOR</u>	<u>VENUE</u>
<b>MONDAY</b> <b>19-Mar</b>	6.45-7.30AM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	<b>SPINNING</b>	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	10.30-11.25AM	<b>BODY VIVE</b>	(ALL)	ANTHEA	FS
	5.15-6.00PM	<b>STEP BLAST</b>	(ALL)	DAVE	FS
	5.45-6.30PM	<b>SPINNING</b>	(ALL)	MARK	SPIN STUDIO
	6.00-7.00PM	<b>BODY ATTACK</b>	(ALL)	DAVE	FS
	7.00-8.00PM	<b>SPINNING</b>	(ALL)	JOHN	SPIN STUDIO
	7.00-8.00PM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	7.30-8.30PM	<b>GYM INDUCTION</b>	(16YRS+)	MARK	GYM
<b>TUESDAY</b> <b>20-Mar</b>	6.45-7.45AM	<b>SPINNING</b>	(ALL)	TIM	SPIN STUDIO
	9.30-10.25AM	<b>BODY VIVE</b>	(ALL)	JUSTINE	FS
	10.30-11.30AM	<b>GENTLE EXERCISE</b>	(BEG/50+)	DAVE	FS
	1.30-2.30PM	<b>VERY GENTLE EXERCISE</b>	(BEG/50+)	DAVE	FS
	4.30-5.30PM	<b>TEEN GYM INDUCTION</b>	(14/15YRS)	MARK P	GYM
	5.45-6.45PM	<b>SPINNING</b>	(ALL)	DAVE	SPIN STUDIO
	6.00-6.50PM	<b>HIIT</b>	(INT)	ALEX	FS
	7.00-8.00PM	<b>STEP</b>	(INT)	DAVE	FS
	7.15-8.00PM	<b>INTRO TO SPIN</b>	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
<b>WEDNESDAY</b> <b>21-Mar</b>	6.45-7.30AM	<b>BODY PUMP</b>	(ALL)	JUSTINE	FS
	9.30-10.15AM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	<b>BODY PUMP</b>	(ALL)	<b>TBC</b>	FS
	10.30-11.30AM	<b>ZUMBA</b>	(BEG)	ANTHEA	FS
	12.30-1.30PM	<b>GYM INDUCTION</b>	(16+)	MARK	GYM
	12.45-1.30PM	<b>BODY VIVE</b>	(ALL)	JANE	FS
	1.30-2.30PM	<b>BODY BALANCE</b>	(ALL)	JANE	FS
	5.15-6.00PM	<b>ABS BUMS AND THIGHS</b>	(ALL)	JUSTINE	FS
	5.45-6.45PM	<b>SPINNING</b>	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	<b>CIRCUITS</b>	(ADV)	MARK P	FS
7.00-8.00PM	<b>BODY PUMP</b>	(ALL)	MIKE	FS	
<b>THURSDAY</b> <b>22-Mar</b>	6.45-7.30AM	<b>BODY ATTACK</b>	(ALL)	ALEX	FS
	6.45-7.30AM	<b>SPINNING</b>	(ALL)	MARK W	SPIN STUDIO
	9.30-10.15AM	<b>TOTAL CONDITIONING</b>	(ALL)	JUSTINE	FS
	10.30-11.25AM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	2.30-3.15PM	<b>CHAIR BASED</b>	(ALL)	SAM	FS
	4.30-5.30PM	<b>TEEN GYM INDUCTION</b>	(14/15YRS)	JEMMA	GYM
	5.45-6.40PM	<b>BODY PUMP</b>	(ALL)	ANDY	FS
	6.00-7.00PM	<b>SPINNING</b>	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	<b>BODY ATTACK</b>	(ALL)	DAVE	FS
	7.30-8.30PM	<b>GYM INDUCTION</b>	(16YRS+)	JEMMA	GYM
7.30-8.30PM	<b>ZUMBA</b>	(ALL)	PHIL/BECKY	FS	
<b>FRIDAY</b> <b>23-Mar</b>	6.45-7.30AM	<b>BODY BLAST</b>	(ALL)	ALEX	FS
	6.45-7.45AM	<b>SPINNING</b>	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.15AM	<b>SPINNING</b>	(ALL)	TBC	SPIN STUDIO
	9.30-10.25AM	<b>BODY BALANCE</b>	(ALL)	JUSTINE	FS
	10.30-11.15AM	<b>BODY PUMP</b>	(ALL)	JUSTINE	FS
	<b>NEW CLASS</b> 12.30-1.15PM	<b>STRETCH AND FLEX</b>	(ALL)	DAVE	FS
	1.30-2.30PM	<b>VERY GENTLE EXERCISE</b>	(ALL)	DAVE	GYM
	4.30-5.30PM	<b>TEEN GYM INDUCTION</b>	(14/15YRS)	DAVE	GYM
	6.00-7.00PM	<b>CIRCUITS</b>	(ALL)	MATT	FS
	6.00-7.00PM	<b>SPINNING</b>	(ALL)	MARC	SPIN STUDIO
<b>SATURDAY</b> <b>24-Mar</b>	8.00-8.50AM	<b>BODY ATTACK</b>	(ALL)	DAVE	FS
	9.00-10.00AM	<b>SPINNING</b>	(ALL)	MARK P	SPIN STUDIO
	9.00-10.00AM	<b>BODY PUMP</b>	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	<b>BODY CONDITIONING</b>	(ALL)	DAVE	FS
	10.30-11.30AM	<b>GYM INDUCTION</b>	(16YRS+)	MARK P	GYM
	11.00-12.00PM	<b>BODY BALANCE</b>	(ALL)	TBC	FS
	4.00-5.00PM	<b>TEEN GYM</b>	(12-16YRS)	JEMMA/SHARON	GYM
	5.00-6.00PM	<b>BODY FOCUS</b>	(ALL)	SHARON	FS
<b>SUNDAY</b> <b>25-Mar</b>	8.15-9.15AM	<b>BODY ATTACK</b>	(ALL)	ALEX	FS
	9.30-10.30AM	<b>BOXERCISE</b>	(ALL)	LEE	FS
	9.45-10.45AM	<b>SPINNING</b>	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	<b>AEROBICS</b>	(ALL)	DAVE	FS
	11.30-12.30PM	<b>GYM INDUCTION</b>	(16YRS+)	BECKY C	GYM
	12.00-12.45PM	<b>STRETCH AND FLEX</b>	(ALL)	DAVE	FS
	4.00-5.00PM	<b>STRONG</b>	(ALL)	PHIL	FS
	4.00-5.00PM	<b>TEEN GYM</b>	(12-16YRS)	MARK/DAVE P/MIKE	GYM
	5.30-6.30PM	<b>ZUMBA</b>	(ALL)	PHIL/BECKY	FS
<b>MONDAY</b> <b>26-Mar</b>	6.45-7.30AM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	<b>SPINNING</b>	(ALL)	JUSTINE	SPIN STUDIO

	9.30-10.25AM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	10.30-11.25AM	<b>BODY VIVE</b>	(ALL)	ANTHEA	FS
	5.15-6.00PM	<b>STEP BLAST</b>	(ALL)	DAVE	FS
	5.45-6.30PM	<b>SPINNING</b>	(ALL)	MARK	SPIN STUDIO
	6.00-7.00PM	<b>BODY ATTACK</b>	(ALL)	DAVE	FS
	7.00-8.00PM	<b>SPINNING</b>	(ALL)	JOHN	SPIN STUDIO
	7.00-8.00PM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	7.30-8.30PM	<b>GYM INDUCTION</b>	(16YRS+)	MARK	GYM
<b>TUESDAY</b>	6.45-7.45AM	<b>SPINNING</b>	(ALL)	TIM	SPIN STUDIO
<b>27-Mar</b>	9.30-10.25AM	<b>BODY VIVE</b>	(ALL)	JUSTINE	FS
	10.30-11.30AM	<b>GENTLE EXERCISE</b>	(BEG/50+)	DAVE	FS
	1.30-2.30PM	<b>VERY GENTLE EXERCISE</b>	(BEG/50+)	DAVE	FS
	4.30-5.30PM	<b>TEEN GYM INDUCTION</b>	(14/15YRS)	NICK	GYM
	5.45-6.45PM	<b>SPINNING</b>	(ALL)	DAVE	SPIN STUDIO
	6.00-6.55PM	<b>HIIT</b>	(INT)	ALEX	FS
	6.00-7.00PM	<b>ZUMBA</b>	(ALL)	PHIL/BECKY	DFH
	7.00-8.00PM	<b>STEP</b>	(INT)	DAVE	FS
	7.15-8.00PM	<b>INTRO TO SPIN</b>	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
<b>WEDNESDAY</b>	6.45-7.30AM	<b>BODY PUMP</b>	(ALL)	JUSTINE	FS
<b>28-Mar</b>	9.30-10.15AM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	<b>BODY PUMP</b>	(ALL)	ANDY	FS
	10.30-11.30AM	<b>ZUMBA</b>	(BEG)	ANTHEA	FS
	12.30-1.30PM	<b>GYM INDUCTION</b>	(16+)	MARK	GYM
	5.15-6.00PM	<b>ABS BUMS AND THIGHS</b>	(ALL)	JUSTINE	FS
	5.45-6.45PM	<b>SPINNING</b>	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	<b>CIRCUITS</b>	(ADV)	ANDY	DFH
<b>POP UP CLASS</b>	6.00-7.00PM	<b>JUMP HIIT</b>	(ALL)	MARK P	FS
	7.00-8.00PM	<b>BODY PUMP</b>	(ALL)	MIKE	FS
<b>THURSDAY</b>	6.45-7.30AM	<b>BODY ATTACK</b>	(ALL)	ALEX	FS
<b>29-Mar</b>	6.45-7.30AM	<b>SPINNING</b>	(ALL)	MARK	SPIN STUDIO
	9.30-10.15AM	<b>TOTAL CONDITIONING</b>	(ALL)	JUSTINE	FS
	10.30-11.25AM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	2.30-3.15PM	<b>CHAIR BASED</b>	(ALL)	SAM	FS
	4.30-5.30PM	<b>TEEN GYM INDUCTION</b>	(14/15YRS)	JEMMA	GYM
	5.45-6.40PM	<b>BODY PUMP</b>	(ALL)	ANDY	FS
	6.00-7.00PM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	6.45-7.30PM	<b>BODY ATTACK</b>	(ALL)	DAVE	FS
	7.30-8.30PM	<b>GYM INDUCTION</b>	(16YRS+)	JEMMA	GYM
	7.30-8.30PM	<b>ZUMBA</b>	(ALL)	PHIL/BECKY	FS
<b>FRIDAY</b>	9.30-10.15AM	<b>SPINNING</b>	(ALL)	MARK	SPIN STUDIO
<b>30-Mar</b>	9.30-10.25AM	<b>BODY BALANCE</b>	(ALL)	JUSTINE	FS
	10.30-11.15AM	<b>BODY PUMP</b>	(ALL)	JUSTINE	FS
	12.30-1.15PM	<b>STRETCH AND FLEX</b>	(ALL)	DAVE	FS
		<b>GOOD FRIDAY BANK HOLIDAY</b>			
		<b>GYM OPEN 6.30AM-2PM</b>			
		<b>HEALTH SUITE OPEN 8AM-1PM</b>			
<b>SATURDAY</b>	8.00-8.50AM	<b>BODY ATTACK</b>	(ALL)	DAVE	FS
<b>31-Mar</b>	9.00-10.00AM	<b>SPINNING</b>	(ALL)	MARK P	SPIN STUDIO
	9.00-10.00AM	<b>BODY PUMP</b>	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	<b>BODY CONDITIONING</b>	(ALL)	DAVE	FS
	10.30-11.30AM	<b>GYM INDUCTION</b>	(16YRS+)	MARK P	GYM
	11.00-12.00PM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
<b>SUNDAY</b>	8.15-9.15AM	<b>BODY ATTACK</b>	(ALL)	ALEX	FS
<b>01-Apr</b>	9.30-10.30AM	<b>BOXERCISE</b>	(ALL)	LEE	FS
	9.45-10.45AM	<b>SPINNING</b>	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	<b>AEROBICS</b>	(ALL)	DAVE	FS
	11.30-12.30PM	<b>GYM INDUCTION</b>	(16YRS+)	BECKY C	GYM
	12.00-12.45PM	<b>STRETCH AND FLEX</b>	(ALL)	DAVE	FS
	4.00-5.00PM	<b>STRONG</b>	(ALL)	PHIL	FS
	5.30-6.30PM	<b>ZUMBA</b>	(ALL)	PHIL/BECKY	FS
<b>MONDAY</b>	9.30-10.15AM	<b>SPINNING</b>	(ALL)	JUSTINE	SPIN STUDIO
<b>02-Apr</b>	9.30-10.25AM	<b>HIIT</b>	(ALL)	ALEX	FS
	10.30-11.25AM	<b>BODY PUMP</b>	(ALL)	ANDY	FS
	5.15-6.00PM	<b>STEP BLAST</b>	(ALL)	DAVE	FS
	5.45-6.30PM	<b>SPINNING</b>	(ALL)	MARK	SPIN STUDIO
	6.00-7.00PM	<b>BODY ATTACK</b>	(ALL)	DAVE	FS
	7.00-8.00PM	<b>SPINNING</b>	(ALL)	JOHN	SPIN STUDIO
	7.00-8.00PM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	7.30-8.30PM	<b>GYM INDUCTION</b>	(16YRS+)	MARK	GYM
		<b>EASTER MONDAY - GYM OPEN 6.30AM-10PM</b>			
		<b>HEALTH SUITE OPEN 8AM-9PM</b>			
<b>TUESDAY</b>	6.45-7.45AM	<b>SPINNING</b>	(ALL)	TIM	SPIN STUDIO
<b>03-Apr</b>	9.30-10.25AM	<b>BODY VIVE</b>	(ALL)	JUSTINE	FS

	10.30-11.30AM	<b>GENTLE EXERCISE</b>	(BEG/50+)	DAVE	FS
	1.30-2.30PM	<b>VERY GENTLE EXERCISE</b>	(BEG/50+)	DAVE	FS
	4.30-5.30PM	<b>TEEN GYM INDUCTION</b>	(14/15YRS)	WAYNE	GYM
	5.45-6.45PM	<b>SPINNING</b>	(ALL)	DAVE	SPIN STUDIO
	6.00-6.45PM	<b>HIIT</b>	(INT)	ALEX	FS
	6.00-7.00PM	<b>ZUMBA</b>	(ALL)	PHIL/BECKY	DFH
	7.00-8.00PM	<b>STEP</b>	(INT)	DAVE	FS
	7.15-8.00PM	<b>INTRO TO SPIN</b>	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
<b>WEDNESDAY</b>	6.45-7.30AM	<b>BODY PUMP</b>	(ALL)	JUSTINE	FS
<b>04-Apr</b>	9.30-10.15AM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	<b>BODY PUMP</b>	(ALL)	ANDY	FS
	10.30-11.30AM	<b>ZUMBA</b>	(BEG)	ANTHEA	FS
	12.30-1.30PM	<b>GYM INDUCTION</b>	(16+)	MARK	GYM
	12.45-1.30PM	<b>BODY VIVE</b>	(ALL)	JANE	FS
	1.30-2.30PM	<b>BODY BALANCE</b>	(ALL)	JANE	FS
	5.15-6.00PM	<b>ABS BUMS AND THIGHS</b>	(ALL)	JO	FS
	5.45-6.45PM	<b>SPINNING</b>	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	<b>CIRCUITS</b>	(ADV)	MARK P	DFH
<b>POP UP CLASS</b>	6.00-7.00PM	<b>STEP N TONE</b>	(ALL)	JO	FS
	7.00-8.00PM	<b>BODY PUMP</b>	(ALL)	MIKE	FS
<b>THURSDAY</b>	6.45-7.30AM	<b>BODY ATTACK</b>	(ALL)	ALEX	FS
<b>05-Apr</b>	6.45-7.30AM	<b>SPINNING</b>	(ALL)	MARK	SPIN STUDIO
	10.30-11.25AM	<b>BODY BALANCE</b>	(ALL)	ANTHEA	FS
	2.30-3.15PM	<b>CHAIR BASED</b>	(ALL)	SAM	FS
	4.30-5.30PM	<b>TEEN GYM INDUCTION</b>	(14/15YRS)	JEMMA	GYM
	5.45-6.40PM	<b>BODY PUMP</b>	(ALL)	ANDY	FS
	6.00-7.00PM	<b>SPINNING</b>	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	<b>BODY ATTACK</b>	(ALL)	DAVE	FS
	7.30-8.30PM	<b>GYM INDUCTION</b>	(16YRS+)	JEMMA	GYM
	7.30-8.30PM	<b>ZUMBA</b>	(ALL)	PHIL/BECKY	FS
<b>FRIDAY</b>	6.45-7.30AM	<b>BODY BLAST -HIIT</b>	(ALL)	ALEX	FS
<b>06-Apr</b>	6.45-7.45AM	<b>SPINNING</b>	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.15AM	<b>SPINNING</b>	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	<b>BODY BALANCE</b>	(ALL)	JANE	FS
<b>NEW CLASS</b>	10.30-11.15AM	<b>BODY PUMP</b>	(ALL)	ANDY	FS
	12.30-1.15PM	<b>STRETCH AND FLEX</b>	(ALL)	DAVE	FS
	1.30-2.30PM	<b>VERY GENTLE EXERCISE</b>	(ALL)	DAVE	GYM
	4.30-5.30PM	<b>TEEN GYM INDUCTION</b>	(14/15YRS)	DAVE	GYM
	6.00-7.00PM	<b>CIRCUITS</b>	(ALL)	MATT	FS
	6.00-7.00PM	<b>SPINNING</b>	(ALL)	MARC	SPIN STUDIO
<b>SATURDAY</b>	8.00-8.50AM	<b>BODY ATTACK</b>	(ALL)	DAVE	FS
<b>07-Apr</b>	9.00-10.00AM	<b>SPINNING</b>	(ALL)	MARK P	SPIN STUDIO
	9.00-10.00AM	<b>BODY PUMP</b>	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	<b>BODY CONDITIONING</b>	(ALL)	DAVE	FS
	11.00-12.00PM	<b>GYM INDUCTION</b>	(16YRS+)	JEMMA	GYM
	11.00-12.00PM	<b>BODY BALANCE</b>	(ALL)	JANE	FS
	4.00-5.00PM	<b>TEEN GYM</b>	(12-16YRS)	JEMMA/SHARON	GYM
	5.00-6.00PM	<b>BODY FOCUS</b>	(ALL)	SHARON	FS
<b>SUNDAY</b>	8.15-9.15AM	<b>BODY ATTACK</b>	(ALL)	ALEX	FS
<b>08-Apr</b>	9.30-10.30AM	<b>BOXERCISE</b>	(ALL)	LEE	FS
	9.45-10.45AM	<b>SPINNING</b>	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	<b>AEROBICS</b>	(ALL)	DAVE	FS
	11.30-12.30PM	<b>GYM INDUCTION</b>	(16YRS+)	BECKY C	GYM
	12.00-12.45PM	<b>STRETCH AND FLEX</b>	(ALL)	DAVE	FS
	4.00-5.00PM	<b>STRONG</b>	(ALL)	PHIL	FS
	4.00-5.00PM	<b>TEEN GYM</b>	(12-16YRS)	WAYNE/DAVE P/MIKE	GYM
	5.30-6.30PM	<b>ZUMBA</b>	(ALL)	PHIL/BECKY	FS