

FITNESS TIMETABLE 28MAY - 01 JULY 2018

	TIME	CLASS	LEVEL	INSTRUCTOR	VENUE
MONDAY	8.30-9.30AM	BODY ATTACK	(ALL)	DAVE	FS
28-May	9.30-10.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.30AM	LES MILLS TONE	(ALL)	ANTHEA	FS
	10.30-11.30AM	BODY BALANCE	(ALL)	ANTHEA	FS
		BANK HOLIDAY - GYM OPEN 6.30AM-2PM			
		HEALTH SUITE OPEN 8AM-1PM			
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
29-May	9.30-10.25AM	LES MILLS TONE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	6.00-7.00PM	ZUMBA	(ALL)	BECKY	DFH
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.30AM	BODY PUMP	(ALL)	JUSTINE	FS
30-May	9.30-10.15AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	BODY PUMP	(ALL)	JUSTINE	FS
	10.30-11.30AM	ZUMBA	(BEG)	ANTHEA	FS
	12.30-1.30PM	GYM INDUCTION	(16+)	JEMMA	GYM
	12.45-1.30PM	LES MILLS TONE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	JUSTINE/PAULA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ADV)	MARK P	DFH
POP UP	6.00-7.00PM	STEP N TONE	(ALL)	JO	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
31-May	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	JUSTINE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	2.30-3.15PM	CHAIR BASED	(ALL)	SAM	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	JEMMA	GYM
	5.45-6.40PM	BODY PUMP	(ALL)	ANDY	FS
	6.00-7.00PM	SPINNING	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	BODY ATTACK	(ALL)	DAVE	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	7.30-8.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS
FRIDAY	6.45-7.30AM	BODY BLAST	(ALL)	ALEX	FS
01-Jun	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	10.30-11.15AM	BODY PUMP	(ALL)	PAULA	FS
NEW CLASS	12.30-1.15PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(ALL)	DAVE	GYM
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	DAVE	GYM
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO
SATURDAY	9.00-10.00AM	SPINNING	(ALL)	TBC	SPIN STUDIO
02-Jun	9.45-10.30AM	BODY ATTACK MASTERCLASS	(ALL)	LES MILLS PRESENTERS	FS
	11.00-12.00PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	11.25-12.10AM	BODY PUMP MASTERCLASS	(ALL)	LES MILLS PRESENTERS	FS
	13.05-13.50PM	TONE MASTERCLASS	(ALL)	LES MILLS PRESENTERS	FS
	14.45-15.30PM	BODY BALANCE MASTERCLASS	(ALL)	LES MILLS PRESENTERS	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	JEMMA/SHARON	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
03-Jun	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	DAVE	FS
	11.30-12.30PM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	4.00-5.00PM	STRONG	(ALL)	PAULA	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	MARK/DAVE P/MIKE	GYM
	5.30-6.30PM	ZUMBA	(ALL)	BECKY	FS
MONDAY	6.45-7.30AM	BOOTCAMP NEW	(ALL)	JEMMA	MEET BODYZONE
04-Jun	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	10.30-11.25AM	LES MILLS TONE	(ALL)	ANTHEA	FS
	5.15-6.00PM	STEP BLAST	(ALL)	DAVE	FS
	5.45-6.30PM	SPINNING	(ALL)	MARK	SPIN STUDIO
	6.00-7.00PM	BODY ATTACK	(ALL)	DAVE	FS
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
05-Jun	9.30-10.25AM	LES MILLS TONE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	ANDY	GYM
	5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO

	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.30AM	BODY PUMP	(ALL)	JUSTINE	FS
06-Jun	9.30-10.15AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	BODY PUMP	(ALL)	TBC	FS
	10.30-11.30AM	ZUMBA	(BEG)	ANTHEA	FS
	12.30-1.30PM	GYM INDUCTION	(16+)	MARK	GYM
	12.45-1.30PM	LES MILLS TONE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	JUSTINE/PAULA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ADV)	ANDY	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
07-Jun	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	JUSTINE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	2.30-3.15PM	CHAIR BASED	(ALL)	SAM	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	JEMMA	GYM
	5.45-6.40PM	BODY PUMP	(ALL)	ANDY	FS
	6.00-7.00PM	SPINNING	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	BODY ATTACK	(ALL)	DAVE	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	7.30-8.30PM	ZUMBA	(ALL)	BECKY	FS
FRIDAY	6.45-7.30AM	BODY BLAST	(ALL)	ALEX	FS
08-Jun	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	TBC	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	10.30-11.15AM	BODY PUMP	(ALL)	PAULA	FS
NEW CLASS	12.30-1.15PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(ALL)	DAVE	GYM
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	DAVE	GYM
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS
09-Jun	9.00-10.00AM	SPINNING	(ALL)	BECKY	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	DAVE	FS
	11.00-12.00PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	TBC	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	JEMMA/SHARON	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
10-Jun	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	DAVE	FS
	11.30-12.30PM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	4.00-5.00PM	STRONG	(ALL)	PAULA	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	WAYNE/DAVE P/MIKE	GYM
	5.30-6.30PM	ZUMBA	(ALL)	TBC	FS
MONDAY	6.45-7.30AM	BOOTCAMP NEW	(ALL)	JEMMA	MEET BODYZONE
11-Jun	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	10.30-11.25AM	LES MILLS TONE	(ALL)	ANTHEA	FS
	5.15-6.00PM	STEP BLAST	(ALL)	DAVE	FS
	5.45-6.30PM	SPINNING	(ALL)	MARK	SPIN STUDIO
	6.00-7.00PM	BODY ATTACK	(ALL)	DAVE	FS
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
12-Jun	9.30-10.25AM	LES MILLS TONE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	ANDY	GYM
	5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.30AM	BODY PUMP	(ALL)	JUSTINE	FS
13-Jun	9.30-10.15AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	BODY PUMP	(ALL)	ANDY	FS
	10.30-11.30AM	ZUMBA	(BEG)	ANTHEA	FS
	12.30-1.30PM	GYM INDUCTION	(16+)	MARK	GYM
	12.45-1.30PM	LES MILLS TONE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	JUSTINE/PAULA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ALL)	MARK P	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
14-Jun	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO

	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	JUSTINE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	2.30-3.15PM	CHAIR BASED	(ALL)	SAM	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	JEMMA	GYM
	5.45-6.40PM	BODY PUMP	(ALL)	ANDY	FS
	6.00-7.00PM	SPINNING	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	HIIT	(ALL)	JEMMA	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	7.30-8.30PM	ZUMBA	(ALL)	BECKY	FS
FRIDAY	6.45-7.30AM	BODY BLAST	(ALL)	ALEX	FS
15-Jun	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	10.30-11.15AM	BODY PUMP	(ALL)	PAULA	FS
	12.30-1.15PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(ALL)	DAVE	GYM
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	DAVE	GYM
NEW CLASS	6.00-7.00PM	BOOTCAMP	(ALL)	DAVE	Meet Bodyzone 5.50pm
	6.00-7.00PM	SPINNING	(ALL)	MARK	SPIN STUDIO
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	ALEX	FS
16-Jun	9.00-10.00AM	SPINNING	(ALL)	BECKY	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	ALEX	FS
	11.00-12.00PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	PAULA	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	JEMMA/SHARON	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
17-Jun	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	DAVE	FS
	11.30-12.30PM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	4.00-5.00PM	STRONG	(ALL)	PAULA	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	ANDY/DAVE P/MIKE	GYM
	5.30-6.30PM	ZUMBA	(ALL)	BECKY	FS
MONDAY	6.45-7.30AM	BOOTCAMP NEW	(ALL)	JEMMA	MEET BODYZONE
18-Jun	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	10.30-11.25AM	LES MILLS TONE	(ALL)	ANTHEA	FS
	5.15-6.00PM	STEP BLAST	(ALL)	DAVE	FS
	5.45-6.30PM	SPINNING	(ALL)	MARK	SPIN STUDIO
	6.00-7.00PM	BODY ATTACK	(ALL)	DAVE	FS
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
19-Jun	9.30-10.25AM	LES MILLS TONE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	DAVE	GYM
	5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	6.00-7.00PM	ZUMBA	(ALL)	BECKY	DFH
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.30AM NEW	BODY PUMP	(ALL)	JUSTINE	FS
20-Jun	9.30-10.15AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	BODY PUMP	(ALL)	YVETTE	FS
	10.30-11.30AM	ZUMBA	(BEG)	ANTHEA	FS
	12.30-1.30PM	GYM INDUCTION	(16+)	JEMMA	GYM
	12.45-1.30PM	LES MILLS TONE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	JUSTINE/PAULA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ALL)	MARK P	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
21-Jun	6.45-7.30AM	SPINNING	(ALL)	MARK	SPIN STUDIO
	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	JUSTINE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	2.30-3.15PM	CHAIR BASED	(ALL)	SAM	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	JEMMA	GYM
	5.45-6.40PM	BODY PUMP	(ALL)	ANDY	FS
	6.00-7.00PM	SPINNING	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	BODY ATTACK	(ALL)	DAVE	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	JEMMA	GYM
	7.30-8.30PM	ZUMBA	(ALL)	BECKY	FS
FRIDAY	6.45-7.30AM	BODY BLAST	(ALL)	ALEX	FS
22-Jun	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	10.30-11.15AM	BODY PUMP	(ALL)	PAULA	FS
	12.30-1.15PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(ALL)	DAVE	GYM
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	DAVE	GYM
NEW CLASS	6.00-7.00PM	BOOTCAMP	(ALL)	DAVE	Meet Bodyzone 5.50pm

	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	ALEX	FS
23-Jun	9.00-10.00AM	SPINNING	(ALL)	MARK P	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	ANTHEA	FS
	11.00-12.00PM	BODY BALANCE	(ALL)	JUSTINE	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
24-Jun	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	PAULA	FS
	11.30-12.30PM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	4.30-5.30PM	STRONG	(ALL)	PAULA	FS
	5.30-6.30PM	ZUMBA	(ALL)	BECKY	FS
MONDAY	6.45-7.30AM	BOOTCAMP NEW	(ALL)	JEMMA	MEET BODYZONE
25-Jun	6.45-7.30AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	10.30-11.25AM	LES MILLS TONE	(ALL)	ANTHEA	FS
	5.15-6.00PM	STEP BLAST	(ALL)	DAVE	FS
	5.45-6.30PM	SPINNING	(ALL)	PAULA	SPIN STUDIO
	6.00-7.00PM	BODY ATTACK	(ALL)	DAVE	FS
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	TBC	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
26-Jun	9.30-10.25AM	LES MILLS TONE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	DAVE	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	WAYNE	GYM
	5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	6.00-7.00PM	ZUMBA	(ALL)	BECKY	DFH
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.30AM	BODY PUMP	(ALL)	JUSTINE	FS
27-Jun	9.30-10.15AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	BODY PUMP	(ALL)	YVETTE	FS
	10.30-11.30AM	ZUMBA	(BEG)	ANTHEA	FS
	12.30-1.30PM	GYM INDUCTION	(16+)	TBC	GYM
	12.45-1.30PM	LES MILLS TONE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	JUSTINE/PAULA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ALL)	MARK P	DFH
POP UP	6.00-7.00PM	STEP N TONE	(ALL)	JO	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
28-Jun	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	JUSTINE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	2.30-3.15PM	CHAIR BASED	(ALL)	SAM	FS
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	JEMMA	GYM
	5.45-6.40PM	BODY PUMP	(ALL)	ANDY	FS
	6.00-7.00PM	SPINNING	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	BODY ATTACK	(ALL)	DAVE	FS
	7.30-8.30PM	GYM INDUCTION	(16YRS+)	ANDY	GYM
	7.30-8.30PM	ZUMBA	(ALL)	BECKY	FS
FRIDAY	6.45-7.30AM	BODY BLAST	(ALL)	ALEX	FS
29-Jun	6.45-7.45AM	SPINNING	(ALL)	TIM/LUCY	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	9.30-10.30AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	10.30-11.15AM	BODY PUMP	(ALL)	PAULA	FS
	12.30-1.15PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(ALL)	DAVE	GYM
	4.30-5.30PM	TEEN GYM INDUCTION	(14/15YRS)	DAVE	GYM
NEW CLASS	6.00-7.00PM	BOOTCAMP	(ALL)	DAVE	Meet Bodyzone 5.50pm
	6.00-7.00PM	SPINNING	(ALL)	MARK	SPIN STUDIO
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS
30-Jun	9.00-10.00AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	JUSTINE/MIKE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	DAVE	FS
	11.00-12.00PM	GYM INDUCTION	(16YRS+)	ANDY	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	JANE	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
01-Jul	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	BECKY C	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	DAVE	FS
	11.30-12.30PM	GYM INDUCTION	(16YRS+)	BECKY C	GYM
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	4.30-5.30PM	STRONG	(ALL)	PAULA	FS
	5.30-6.30PM	ZUMBA	(ALL)	BECKY	FS