

FITNESS TIMETABLE 17 JULY - 30 JULY 2017

	TIME	CLASS	LEVEL	INSTRUCTOR	VENUE
MONDAY	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
17-Jul	7.35-8.05AM	BOX BLAST	(ALL)	LUCY	FS
	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	YVETTE	FS
	10.30-11.25AM	BODY VIVE	(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	BOOTCAMP	(ALL)	MARC	MEET IN BODYZONE
	6.00-7.00PM	BODY ATTACK	(ALL)	DAVE	FS
	7.00-8.00PM	SPINNING	(ALL)	JOHN	SPIN STUDIO
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.30-8.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
18-Jul	9.30-10.25AM	BODY VIVE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	TBA	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	LUCY	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	INSANITY	(INT)	MARC	FS
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.00-8.00PM	YOGA	(ALL)	YVETTE	SAUMAREZ ROOM
	7.15-8.00PM	INTRO TO SPIN	(BEG)	MARC	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	NATHAN	FS
19-Jul	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
	12.45-1.30PM	BODY VIVE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	1.30-2.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	PAULA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ADV)	MATT	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.35AM	BODY ATTACK	(ALL)	ALEX	FS
20-Jul	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 CLASS	(ALL)	LUCY	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	NATHAN	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 INTRODUCTION	(16YRS+)	NATHAN	GYM
	7.30-8.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS
FRIDAY	6.45-7.45AM	SPINNING	(ALL)	TIM/NATHAN	SPIN STUDIO
21-Jul	9.30-10.15AM	SPINNING	(ALL)	TBA	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	10.30-11.15AM	BODY PUMP	(ALL)	JUSTINE	FS
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	ALEX	FS
22-Jul	9.00-10.00AM	SPINNING	(ALL)	MARC	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	YVETTE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	ALEX	FS
	10.30-11.30AM	GYM INTRODUCTION	(16YRS+)	MARC	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	YVETTE	FS
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
23-Jul	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	TBA	FS
	11.30-12.30PM	GYM INTRODUCTION	(16YRS+)	ANDY	GYM
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	ANTHEA	FS
NEW	5.00-6.00PM	STRONG	(ALL)	PAULA	FS
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	FS
MONDAY	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
24-Jul	7.35-8.05AM	BOX BLAST	(ALL)	LUCY	FS
	9.30-10.15AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	YVETTE	FS
	10.30-11.25AM	BODY VIVE	(ALL)	ANTHEA	FS
	5.15-6.00PM	STEP BLAST	(ALL)	PAULA	FS
	5.45-6.30PM	SPINNING	(ALL)	MARK	SPIN STUDIO

	6.00-7.00PM	BOOTCAMP	(ALL)	SHARON	MEET IN BODYZONE
	6.00-7.00PM	BODY ATTACK	(ALL)	ALEX	FS
	7.00-8.00PM	SPINNING	(ALL)	JOHN	SPIN STUDIO
	7.00-8.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
	7.15-8.15PM	BODY VIVE	(ALL)	JANE	DFH
	7.30-8.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
25-Jul	9.30-10.25AM	BODY VIVE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	SHELLEY	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	LUCY	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	CHLOE	GYM
	5.45-6.45PM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	6.00-6.50PM	INSANITY	(INT)	SHARON	FS
	6.00-7.00PM	ZUMBA	(ALL)	PAULA	DFH
	7.00-8.00PM	STEP	(INT)	JO	FS
	7.00-8.00PM	YOGA	(ALL)	YVETTE	DFH
	7.15-8.00PM	INTRO TO SPIN	(BEG)	ANDY	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	NATHAN	FS
26-Jul	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
	12.45-1.30PM	BODY VIVE	(ALL)	JANE	FS
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	1.30-2.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM
	5.15-6.00PM	ABS BUMS AND THIGHS	(ALL)	PAULA	FS
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
	6.00-7.00PM	CIRCUITS	(ADV)	CHLOE	DFH
	6.00-6.45PM	PILATES	(ALL)	PAULA	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.35AM	BODY ATTACK	(ALL)	ALEX	FS
27-Jul	6.45-7.30AM	SPINNING	(ALL)	CHLOE	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)	LUCY	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	NATHAN	GYM
	5.45-6.40PM	BODY PUMP	(ALL)	ANDY	FS
	6.00-7.00PM	SPINNING	(ALL)	JO	SPIN STUDIO
	6.45-7.30PM	STRONG	(ALL)	PAULA	FS
	7.30-8.30PM	GYM INTRODUCTION	(16YRS+)	NATHAN	GYM
	7.30-8.30PM	ZUMBA	(ALL)	PAULA	FS
FRIDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
28-Jul	9.30-10.15AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	JUSTINE	FS
	10.30-11.15AM	BODY PUMP	(ALL)	JUSTINE	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(ALL)	ANDY	GYM
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	ANDY	GYM
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS
	6.00-7.00PM	SPINNING	(ALL)	ANDY	SPIN STUDIO
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	ALEX	FS
29-Jul	9.00-10.00AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	YVETTE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	JO	FS
	10.30-11.30AM	GYM INTRODUCTION	(16YRS+)	CHLOE	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	YVETTE	FS
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
30-Jul	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	NATHAN	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	ALEX	FS
	11.30-12.30PM	GYM INTRODUCTION	(16YRS+)	NATHAN	GYM
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	ANTHEA	FS
NEW	5.00-6.00PM	STRONG	(ALL)	PAULA	FS
	6.00-7.00PM	ZUMBA	(ALL)	PAULA	FS