

## FITNESS TIMETABLE 14 AUGUST- 10 SEPTEMBER 2017

	<u>TIME</u>	<u>CLASS</u>	<u>LEVEL</u>	<u>INSTRUCTOR</u>	<u>VENUE</u>	
<b>MONDAY</b> 14-Aug	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)	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	
	7.15-8.15PM	BODY VIVE	(ALL)	JANE	DFH	
	7.30-8.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM	
	<b>TUESDAY</b> 15-Aug	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
		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+)	DAVE	FS	
4.30-5.30PM		TEEN GYM INTRO	(14/15YRS)	CHLOE	GYM	
5.45-6.45PM		SPINNING	(ALL)	DAVE	SPIN STUDIO	
6.00-6.50PM		INSANITY	(INT)	MARC	FS	
6.00-7.00PM		ZUMBA	(ALL)	PHIL/BECKY	DFH	
7.00-8.00PM		STEP	(INT)	DAVE	FS	
7.00-8.00PM		YOGA	(ALL)	YVETTE	CAMBRIDGE	
7.15-8.00PM		INTRO TO SPIN	(BEG)	MARC	SPIN STUDIO	
8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS		
<b>WEDNESDAY</b> 16-Aug	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	LUCY	FS	
	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	
	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		
<b>THURSDAY</b> 17-Aug	6.45-7.35AM	BODY ATTACK	(ALL)	ALEX	FS	
	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)	ANDY	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+)	ANDY	GYM	
7.30-8.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS		
<b>FRIDAY</b> 18-Aug	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO	
	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)	DAVE	GYM	
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	DAVE	GYM	
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS	
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO	
<b>SATURDAY</b> 19-Aug	8.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS	
	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)	DAVE	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	
<b>SUNDAY</b> 20-Aug	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS	
	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS	
	9.45-10.45AM	SPINNING	(ALL)	NATHAN	SPIN STUDIO	
	11.00-12.00PM	AEROBICS	(ALL)	DAVE	FS	
	11.30-12.30PM	GYM INTRODUCTION	(16YRS+)	NATHAN	GYM	
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	DAVE	FS	
<b>NEW</b>	5.00-6.00PM	STRONG	(ALL)	PAULA	FS	
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	FS	
<b>MONDAY</b> 21-Aug	6.45-7.30AM	SPINNING	(ALL)	NATHAN	SPIN STUDIO	
	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)	PAULA	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	
	7.15-8.15PM	BODY VIVE	(ALL)	JANE	DFH	
	7.30-8.30PM	GYM INTRODUCTION	(16YRS+)	NICK	GYM	
	<b>TUESDAY</b> 22-Aug	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
9.30-10.25AM		BODY VIVE	(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)	CHLOE	GYM	
5.45-6.45PM		SPINNING	(ALL)	DAVE	SPIN STUDIO	

	6.00-6.50PM	INSANITY	(INT)	MARC	FS
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	DFH
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	MARC	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
<b>WEDNESDAY</b>	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	NATHAN	FS
<b>23-Aug</b>	9.30-10.15AM	SPINNING	(ALL)	ANDY	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	GYM INTRODUCTION	(16YRS+)	CHLOE	GYM
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	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
<b>THURSDAY</b>	6.45-7.35AM	BODY ATTACK	(ALL)	ALEX	FS
<b>24-Aug</b>	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)	ANDY	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	NATHAN	GYM
	5.45-6.40PM	BODY PUMP	(ALL)	ANDY	FS
	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
<b>FRIDAY</b>	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
<b>25-Aug</b>	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)	TBA	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(ALL)	DAVE	GYM
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	DAVE	GYM
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO
<b>SATURDAY</b>	8.00-8.50AM	BODY ATTACK	(ALL)	ALEX	FS
<b>26-Aug</b>	9.00-10.00AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	YVETTE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	ALEX	FS
	11.00-12.00PM	BODY BALANCE	(ALL)	YVETTE	FS
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
<b>SUNDAY</b>	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
<b>27-Aug</b>	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
<b>NEW</b>	5.00-6.00PM	STRONG	(ALL)	PHIL	FS
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	FS
<b>MONDAY</b>	9.00-10.00AM	SPINNING	(ALL)	NATHAN	SPIN STUDIO
<b>28-Aug</b>	9.00-10.00AM	BODY ATTACK	(ALL)	ALEX	FS
	10.00-11.00AM	BODY PUMP	(ALL)	YVETTE	FS
	11.00-12.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
		BANK HOLIDAY - GYM OPEN 7.30AM-3PM			
		HEALTH SUITE OPEN - 8AM-2PM			
<b>TUESDAY</b>	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
<b>29-Aug</b>	9.30-10.25AM	BODY VIVE	(ALL)	ANTHEA	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	SHELLEY	FS
	1.30-2.30PM	VERY GENTLE EXERCISE	(BEG/50+)	SHARON	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)	MARC	FS
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	DFH
	7.00-8.00PM	YOGA	(ALL)	YVETTE	CAMBRIDGE
	7.00-8.00PM	STEP	(INT)	PAULA	FS
	7.15-8.00PM	INTRO TO SPIN	(BEG)	MARC	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
<b>WEDNESDAY</b>	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	NATHAN	FS
<b>30-Aug</b>	9.30-10.15AM	SPINNING	(ALL)	ANDY	SPIN STUDIO
	9.30-10.25AM	BODY PUMP	(ALL)	YVETTE	FS
	10.30-11.30AM	ZUMBA	(BEG)	ANTHEA	FS
	12.45-1.30PM	BODY VIVE	(ALL)	JANE	FS
	1.30-2.30PM	GYM INTRODUCTION	(16YRS+)	CHLOE	GYM
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	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
<b>THURSDAY</b>	6.45-7.35AM	BODY ATTACK	(ALL)	ALEX	FS
<b>31-Aug</b>	6.45-7.30AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.30-10.15AM	TOTAL CONDITIONING	(ALL)	CHLOE	FS
	10.30-11.25AM	BODY BALANCE	(ALL)	ANTHEA	FS
	2.30-3.15PM	CHAIR BASED	(ALL)	ANDY	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)	PAULA	SPIN STUDIO
	6.45-7.30PM	BODY ATTACK	(ALL)	ALEX	FS
	7.30-8.30PM	GYM INTRODUCTION	(16YRS+)	NATHAN	GYM
	7.30-8.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS

<b>FRIDAY</b> 01-Sep	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
	9.30-10.15AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.30-10.25AM	BODY BALANCE	(ALL)	YVETTE	FS
	10.30-11.15AM	BODY PUMP	(ALL)	PAULA	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	MARC	GYM
<b>SATURDAY</b> 02-Sep	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO
	8.00-8.50AM	BODY ATTACK	(ALL)	ALEX	FS
	9.00-10.00AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	YVETTE	FS
<b>SUNDAY</b> 03-Sep	10.00-11.00AM	BODY CONDITIONING	(ALL)	ALEX	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
	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
<b>NEW</b>	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)	PAULA	FS
<b>NEW</b>	5.00-6.00PM	STRONG	(ALL)	PAULA	FS
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	FS
<b>MONDAY</b> 04-Sep	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)	YVETTE	FS
	10.30-11.25AM	BODY VIVE	(ALL)	PAULA	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)	PAULA	FS
7.30-8.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM	
<b>TUESDAY</b> 05-Sep	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
	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)	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
	7.15-8.00PM	INTRO TO SPIN	(BEG)	MARC	SPIN STUDIO
8.00-9.00PM	BODY BALANCE	(ALL)	JANE	FS	
<b>WEDNESDAY</b> 06-Sep	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	LUCY	FS
	9.30-10.15AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
	9.30-10.25AM	BODY PUMP	(ALL)	JUSTINE	FS
	10.30-11.30AM	ZUMBA	(BEG)	PAULA	FS
	12.45-1.30PM	BODY VIVE	(ALL)	JANE	FS
	1.30-2.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM
	1.30-2.30PM	BODY BALANCE	(ALL)	JANE	FS
	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	FS
7.00-8.00PM	BODY PUMP	(ALL)	ANDY	FS	
<b>THURSDAY</b> 07-Sep	6.45-7.35AM	BODY ATTACK	(ALL)	ALEX	FS
	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)	PAULA	FS
	2.30-3.15PM	CHAIR BASED	(ALL)	LUCY	FS
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	ANDY	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+)	ANDY	GYM
7.30-8.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS	
<b>FRIDAY</b> 08-Sep	6.45-7.45AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	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)	DAVE	GYM
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	DAVE	GYM
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO
	8.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS
	9.00-10.00AM	SPINNING	(ALL)	JUSTINE	SPIN STUDIO
<b>SATURDAY</b> 09-Sep	9.00-10.00AM	BODY PUMP	(ALL)	YVETTE	FS
	10.00-11.00AM	BODY CONDITIONING	(ALL)	DAVE	FS
	10.30-11.30AM	GYM INTRODUCTION	(16YRS+)	NICK	GYM
	11.00-12.00PM	BODY BALANCE	(ALL)	YVETTE	FS
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
<b>SUNDAY</b> 10-Sep	8.15-9.15AM	BODY ATTACK	(ALL)	DAVE	FS
	9.30-10.30AM	BOXERCISE	(ALL)	LEE	FS
	9.45-10.45AM	SPINNING	(ALL)	TBA	SPIN STUDIO
	11.00-12.00PM	AEROBICS	(ALL)	DAVE	FS
	11.30-12.30PM	GYM INTRODUCTION	(16YRS+)	BECKY C	GYM
<b>NEW</b>	12.00-12.45PM	STRETCH AND FLEX	(ALL)	DAVE	FS
	5.00-6.00PM	STRONG	(ALL)	PAULA	FS
6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	FS	