

FITNESS TIMETABLE 27 NOVEMBER - 17 DECEMBER 2017

	<u>TIME</u>	<u>CLASS</u>	<u>LEVEL</u>	<u>INSTRUCTOR</u>	<u>VENUE</u>	
MONDAY 27-Nov	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	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	
	TUESDAY 28-Nov	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	
NEW		5.00-5.45PM	ZUMBA GOLD	(ALL)	PHIL	HLC
		5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
		6.00-6.50PM	HIIT	(INT)	ALEX	FS
		6.00-7.00PM	ZUMBA	(ALL)	PHIL	DFH
		7.00-8.00PM	STEP	(INT)	DAVE	FS
		7.00-7.45PM	STRETCH AND FLEX	(ALL)	ANTHEA	CAMBRIDGE
		7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
		8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY 29-Nov	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	NATHAN	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	
	12.30-1.30PM	GYM INTRODUCTION	(16+)	MARK	GYM	
	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)	JUSTINE	FS	
	5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO	
	6.00-7.00PM	CIRCUITS	(ADV)	CHLOE	DFH	
	6.00-6.45PM	BODY VIVE	(ALL)	JUSTINE	FS	
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS	
	THURSDAY 30-Nov	6.45-7.30AM	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)	SAM	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 01-Dec	6.45-7.30AM	BODY BLAST	(ALL)	CHLOE	FS	
	6.45-7.45AM	SPINNING	(ALL)	TIM/NATHAN	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		
SATURDAY 02-Dec	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)	MIKE	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	
	4.00-5.00PM	TEEN GYM	(12-16YRS)	SAM/ANDY	GYM	
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS	
SUNDAY 03-Dec	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	
	NEW	2.00-3.00PM	SKI FIT	(ALL)	NATHAN	FS

	4.00-5.00PM	TEEN GYM	(12-16YRS)	MARK/DAVE P	GYM
THIS WK ONLY	4.00-5.00PM	BODY CONDITIONING	(ALL)	JO	FS
NEW TIME	5.30-6.30PM	ZUMBA	(ALL)	BECKY	FS
MONDAY	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
04-Dec	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	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
05-Dec	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	HIIT	(INT)	ALEX	FS
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.00-7.45PM	STRETCH AND FLEX	(ALL)	ANTHEA	DELANCEY
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	NATHAN	FS
06-Dec	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 INTRODUCTION	(16+)	MARK	GYM
	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)	JUSTINE	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)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
07-Dec	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)	SAM	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	6.45-7.30AM	BODY BLAST	(ALL)	CHLOE	FS
08-Dec	6.45-7.45AM	SPINNING	(ALL)	TIM/NATHAN	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
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS
09-Dec	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
	4.00-5.00PM	TEEN GYM	(12-16YRS)	SAM/SHARON	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
10-Dec	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
	2.00-3.00PM	SKI FIT	(ALL)	NATHAN	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	NICK/DAVE P	GYM
	5.30-6.30PM	ZUMBA	(ALL)	BECKY	FS
MONDAY	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
11-Dec	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 P	SPIN STUDIO
	6.00-7.00PM	BOOTCAMP	(ALL)	MARC	DFH
	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+)	BECKY C	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
12-Dec	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
	5.00-5.45PM	ZUMBA GOLD	(ALL)	PHIL	HLC
	5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
	6.00-6.50PM	HIIT	(INT)	ALEX	FS
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	DFH
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.00-7.45PM	STRETCH AND FLEX	(ALL)	ANTHEA	CAMBRIDGE
	7.15-8.00PM	INTRO TO SPIN	(BEG)	BECKY C	SPIN STUDIO
	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	NATHAN	FS
13-Dec	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 INTRODUCTION	(16+)	MARK	GYM
	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)	JUSTINE	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)	MIKE	FS
THURSDAY	6.45-7.30AM	BODY ATTACK	(ALL)	ALEX	FS
14-Dec	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)	SAM	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	6.45-7.30AM	BODY BLAST	(ALL)	CHLOE	FS
15-Dec	6.45-7.45AM	SPINNING	(ALL)	TIM/NATHAN	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
SATURDAY	8.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS
16-Dec	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
	4.00-5.00PM	TEEN GYM	(12-16YRS)	SAM/SHARON	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
17-Dec	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
	2.00-3.00PM	SKI FIT	(ALL)	NATHAN	FS
	4.00-5.00PM	STRONG	(ALL)	PHIL	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	MARK/DAVE P	GYM
	5.30-6.30PM	ZUMBA	(ALL)	BECKY	FS