

FITNESS TIMETABLE 02 OCTOBER - 29 OCTOBER 2017

	TIME	CLASS	LEVEL	INSTRUCTOR	VENUE	
MONDAY <u>02-Oct</u>	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	
	7.30-8.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM	
	TUESDAY <u>03-Oct</u>	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	
7.00-7.45PM		STRETCH AND FLEX	(ALL)	ANTHEA	SAUMAREZ	
7.15-8.00PM		INTRO TO SPIN	(BEG)	MARC	SPIN STUDIO	
8.00-9.00PM		BODY BALANCE	(ALL)	ANTHEA	FS	
WEDNESDAY <u>04-Oct</u>		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	
	12.45-1.30PM	BODY VIVE	(ALL)	JUSTINE	FS	
	1.30-2.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM	
	1.30-2.30PM	BODY BALANCE	(ALL)	JUSTINE	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	
	6.00-7.00PM	STRONG	(ALL)	PHIL	FS	
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS	
	THURSDAY <u>05-Oct</u>	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)	PAULA	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 <u>06-Oct</u>		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)	ANDY	GYM	
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS	
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO	
	SATURDAY <u>07-Oct</u>	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)	MIKE	FS
		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)	TBA	FS	
4.00-5.00PM		TEEN GYM	(12-16YRS)	SHARON/SAM	GYM	
5.00-6.00PM		BODY FOCUS	(ALL)	SHARON	FS	
SUNDAY <u>08-Oct</u>		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)	JUSTINE	FS
		11.30-12.30PM	GYM INTRODUCTION	(16YRS+)	NATHAN	GYM
	12.00-12.45PM	STRETCH AND FLEX	(ALL)	TBA	FS	
	4.00-5.00PM	TEEN GYM	(12-16YRS)	MARK/DAVE P	GYM	
	NEW TIME NEW TIME	4.00-5.00PM	STRONG	(ALL)	PAULA	FS
	NEW TIME	5.30-6.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS
	MONDAY <u>09-Oct</u>	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)	PAULA	FS	
5.45-6.30PM		SPINNING	(ALL)	ANDY	SPIN STUDIO	
6.00-7.00PM		BOOTCAMP	(ALL)	MARK	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 <u>10-Oct</u>		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+)	MARK	FS	
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	CHLOE	GYM	
	5.45-6.45PM	SPINNING	(ALL)	BECKY C	SPIN STUDIO	
	6.00-6.50PM	INSANITY	(INT)	ALEX	FS	
	6.00-7.00PM	ZUMBA	(ALL)	PHIL/BECKY	DFH	
	7.00-8.00PM	STEP	(INT)	JO	FS	
	7.00-7.45PM	STRETCH AND FLEX	(ALL)	ANTHEA	CAMBRIDGE	
	7.15-8.00PM	INTRO TO SPIN	(BEG)	CHLOE	SPIN STUDIO	

	8.00-9.00PM	BODY BALANCE	(ALL)	ANTHEA	FS
WEDNESDAY	6.45-7.45AM	STRENGTH AND CONDITIONING	(ALL)	NATHAN	FS
11-Oct	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	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	DFH
	6.00-7.00PM	STRONG	(ALL)	PHIL	FS
	7.00-8.00PM	BODY PUMP	(ALL)	MIKE	FS
THURSDAY	6.45-7.35AM	BODY ATTACK	(ALL)	ALEX	FS
12-Oct	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)	ALEX	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
13-Oct	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)	CHLOE	GYM
	4.30-5.30PM	TEEN GYM INTRO	(14/15YRS)	WAYNE	GYM
	6.00-7.00PM	CIRCUITS	(ALL)	MATT	FS
	6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO
SATURDAY	8.00-8.50AM	CIRCUITS	(ALL)	ANDY	FS
14-Oct	9.00-10.00AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	ANDY	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)	JUSTINE	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	SHARON/SAM	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	DAVE	FS
15-Oct	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
	4.00-5.00PM	TEEN GYM	(12-16YRS)	MARK/DAVE P	GYM
NEW TIME	4.00-5.00PM	STRONG	(ALL)	PHIL	FS
NEW TIME	5.30-6.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS
MONDAY	6.45-7.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
16-Oct	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	OLD SCHOOL AEROBICS	(ALL)	ANDY	DFH
	7.30-8.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
17-Oct	9.30-10.25AM	BODY VIVE	(ALL)	JUSTINE	FS
	10.30-11.30AM	GENTLE EXERCISE	(BEG/50+)	ANDY	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	STRETCH AND FLEX	(ALL)	ANTHEA	CAMBRIDGE
	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
18-Oct	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)	ANTHEA	FS
	1.30-2.30PM	GYM INTRODUCTION	(16YRS+)	MARK	GYM
	1.30-2.30PM	BODY BALANCE	(ALL)	JUSTINE	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	SPINNING	(ALL)	CHLOE	SPIN STUDIO
19-Oct	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	6.45-7.45AM	SPINNING	(ALL)	TIM/NATHAN	SPIN STUDIO
20-Oct	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
21-Oct	9.00-10.00AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	ANDY	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)	JUSTINE	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	SHARON/SAM	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
22-Oct	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
	4.00-5.00PM	TEEN GYM	(12-16YRS)	ANDY/DAVE P	GYM
NEW TIME	4.00-5.00PM	STRONG	(ALL)	PHIL	FS
NEW TIME	5.30-6.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS
MONDAY	6.45-7.30AM	SPINNING	(ALL)	NATHAN	SPIN STUDIO
23-Oct	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)	JO	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+)	WAYNE	GYM
TUESDAY	6.45-7.45AM	SPINNING	(ALL)	TIM	SPIN STUDIO
24-Oct	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
	7.00-8.00PM	STEP	(INT)	DAVE	FS
	7.00-8.00PM	STRETCH AND FLEX	(ALL)	ANTHEA	CAMBRIDGE
	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
25-Oct	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	GYM INTRODUCTION	(16YRS+)	LUCY	GYM
	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
26-Oct	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)	TBA	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
27-Oct	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
28-Oct	9.00-10.00AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
	9.00-10.00AM	BODY PUMP	(ALL)	TBA	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)	TBA	FS
	4.00-5.00PM	TEEN GYM	(12-16YRS)	SHARON/ANDY	GYM
	5.00-6.00PM	BODY FOCUS	(ALL)	SHARON	FS
SUNDAY	8.15-9.15AM	BODY ATTACK	(ALL)	ALEX	FS
29-Oct	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
	4.00-5.00PM	TEEN GYM	(12-16YRS)	WAYNE/DAVE P	GYM
NEW TIME	4.00-5.00PM	STRONG	(ALL)	PHIL	FS
NEW TIME	5.30-6.30PM	ZUMBA	(ALL)	PHIL/BECKY	FS