

# Littledown Class Timetable Daytime

Monday 4 July - Sunday 4 September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class types
<b>PLAY</b> 6.30-7.00am Gym Team (G)	<b>PRIMAL</b> 6.30-7.00am Gym Team (S4)	<b>POWER</b> 6.30-7.00am Gym Team (G)	<b>PRIMAL</b> 6.30-7.00am Gym Team (S4)	<b>PiYo</b> 6.30-7.00am Nicki (MH)	<b>INSANITY</b> 8.00-8.50am Nicki (S1)	<b>INSANITY</b> 8.00-8.50am Nicki (S1)	Calorie Burning Classes
<b>BodyPump Express</b> 6.45-7.30am Molly (S1)	<b>INSANITY</b> 7.00-7.30am Nicki (MH)	<b>INSANITY</b> 6.30-7.00am Nicki (MH)	<b>INSANITY</b> 7.00-7.30am Nicki (MH)	<b>INSANITY</b> 7.05-7.35am Nicki (MH)	<b>Spin</b> 9.00-9.45am Becky/Laura Q (SS)	<b>Swim Fit</b> 8.00-8.55am Andy (MP)	Muscle Toning & Endurance Classes
<b>INSANITY</b> 7.00-7.30am Nicki (MH)	<b>Power Flow Pilates</b> 7.15-8.00am Cat (S3)	<b>Pilates</b> 6.35-7.30am Viv (S3)	<b>Deep Water Aqua</b> 7.30-8.25am Brigitte (MP)	<b>Spin</b> 7.30-8.00am Molly (SS)	<b>BodyCombat</b> 9.00-9.55am Sophie (S1)	<b>Spin</b> 9.00-9.30am Annika (SS)	All Over Body Workout Classes
<b>Hydro Active Level 2</b> 7.45-8.25am Angie (SP)	<b>Aqua Circuits</b> 7.45-8.25am Brigitte (SP)	<b>PiYo</b> 7.05-7.35am Nicki (MH)	<b>Hydro Active Level 2</b> 8.30-9.10am Brigitte (SP)	<b>Deep Water Aqua</b> 8.00-8.55am Brigitte (MP)	<b>PiYo</b> 9.00-9.30am Nicki (S3)	<b>BodyPump</b> 9.00-9.55am Marie (S1)	Re-Energise & Relax Classes
<b>Hydro Active Level 2</b> 8.30-9.10am Angie (SP)	<b>Hydro Active Level 2</b> 8.30-9.10am Brigitte (SP)	<b>Spin</b> 7.30-8.00am Claire (SS)	<b>Hydro Active Level 2</b> 9.15-9.55am Brigitte (SP)	<b>Hydro Active Level 2</b> 8.30-9.10am Cathy (SP)	<b>ALTITUDE Boot Camp</b> 9.30-10.30am ALT/Gym (ALT)	<b>Zumba</b> 9.00-9.55am Fiona (S2)	Specialist Classes
<b>Hydro Active Level 2</b> 9.15-9.55am Naomi (SP)	<b>Hydro Active Level 2</b> 9.15-9.55am Cathy (SP)	<b>Aqua</b> 7.45-8.25am Brigitte (SP)	<b>Ashtanga Yoga</b> 9.15-10.30am Zoe L C (S3)	<b>Hydro Active Level 2</b> 9.15-9.55am Cathy (SP)	<b>Spin</b> 9.50-10.20am Becky/Laura Q (SS)	<b>PiYo</b> 9.00-9.55am Nicki (S3)	Water Workout Classes
<b>V10</b> 9.15-10.00am Gym Team (G)	<b>BodyPump</b> 9.15-10.10am Jo L (S1)	<b>Hydro Active Level 2</b> 8.30-9.10am Brigitte (SP)	<b>Pilates</b> 9.15-10.10am Cat (S4)	<b>V10</b> 9.15-10.00am Gym Team (G)	<b>PRIMAL</b> 10.00-10.30am Gym Team (S4)	<b>Spin</b> 9.35-10.20am Annika (SS)	Introductory Low Impact Classes
<b>BodyBalance</b> 9.15-10.10am Laura J (S4)	<b>Ashtanga Yoga</b> 9.15-10.30am Zoe L C (S3)	<b>Hydro Active Level 2</b> 9.15-9.55am Angie (SP)	<b>BodyAttack</b> 9.25-10.20am Louise (S1)	<b>Athletic Conditioning</b> 9.15-10.10am Adrian (S1)	<b>CORE</b> 10.30-11.00am Gym Team (S4)	<b>Circuits</b> 10.00-10.55am Paula (S1)	Primal - Power - Play Classes
<b>Nice &amp; Easy*</b> 9.20-10.05am Kerry (S1)	<b>PLAY</b> 9.30-10.00am Gym Team (G)	<b>Zumba</b> 9.15-10.00am Caroline (MH)	<b>PLAY</b> 9.30-10.00am Gym Team (G)	<b>Body Balance</b> 9.20-10.15am Laura J (S3)	<b>Spin</b> 10.30-11.15am Elliot (SS)	<b>BodyBalance</b> 10.00-10.55am Marie (S3)	Term Time Only
<b>Legs, Bums &amp; Tums</b> 9.25-10.15am Jo B (MH)	<b>Spin</b> 9.30-10.00am Annika (SS)	<b>Spin</b> 9.15-9.45am Tony (SS)	<b>Spin</b> 9.30-10.00am Adam (SS)	<b>Spin</b> 9.30-10.15am Laura Q (SS)	<b>BodyPump</b> 11.05-12.00pm Tony (S1)	<b>Legs, Bums &amp; Tums</b> 11.00-11.55am Paula (S1)	Included in Wellness Morning
<b>Spin</b> 9.30-10.00am Will (SS)	<b>Running Group</b> 9.30-10.30am Heather (MR)	<b>Metafit</b> 9.15-9.45am Adam (S1)	<b>Running Group</b> 9.30-10.30am Heather (MR)	<b>Body Conditioning</b> 10.15-11.10am Sarah (S1)	<b>Metafit</b> 11.30-12.00pm Elliot (S2)		
<b>Ashtanga Yoga</b> 9.45-11.00am Araxy (S3)	<b>Senior Pilates</b> 9.45-10.40am Michelle C (S4)	<b>ALTITUDE Boot Camp</b> 9.30-10.30am ALT/Gym (ALT)	<b>Hydro Active Level 1</b> 10.00-10.40am Brigitte (SP)	<b>Pilates</b> 10.20-11.15am Viv (S3)	<b>BodyPump</b> 12.05-1.00pm Tony (S1)		
<b>Spin</b> 10.05-10.35am Will (SS)	<b>CORE</b> 10.00-10.30am Gym Team (G)	<b>CORE</b> 9.45-10.15am Gym Team (G)	<b>Spin</b> 10.05-10.35am Adam (SS)	<b>Nice &amp; Easy Spin</b> 10.30-11.00am Laura Q (SS)			
<b>CORE</b> 10.15-10.45am Gym Team (S4)	<b>Hydro Active Level 1</b> 10.00-10.40am Cathy (SP)	<b>Athletic Stretch</b> 9.50-10.20am Adam (S4)	<b>INSANITY</b> 10.30-11.20am Adrian (S1)	<b>Buggy Training</b> 10.30-11.25am Laura J (MR)			
<b>BodyBalance</b> 10.15-11.10am Laura J (S4)	<b>Spin</b> 10.05-10.35am Annika (SS)	<b>Spin</b> 9.50-10.20am Tony (SS)	<b>Pilates</b> 10.35-11.30am Cat (S3)	<b>Deep Water Aqua</b> 10.45-11.40am Clive (MP)			
<b>Clubbercise</b> 10.20-11.15am Jo B (S1)	<b>BodyCombat</b> 10.20-11.15am Jo L (S1)	<b>PiYo</b> 9.50-10.20am Claire V (S1)	<b>PiYo</b> 11.30-12.20pm Adrian (S1)	<b>Well Fit*</b> 11.20-12.15pm Michelle (S1)			
<b>Pilates</b> 11.20-12.15pm Paula (S3)	<b>Pilates</b> 10.35-11.30am Viv (S3)	<b>Aqua</b> 10.00-10.45am Angie (SP)	<b>Senior Pilates</b> 11.35-12.30pm Michelle (S3)	<b>Pilates</b> 11.20-12.15pm Viv (S3)			
<b>BodyPump</b> 11.20-12.15pm Mandy (S1)	<b>Stretch &amp; Relax</b> 10.45-11.40am Michelle (S4)	<b>Pilates*</b> 10.00-10.55am Yolanda (S3)	<b>Senior Pilates</b> 12.35-1.30pm Michelle (S3)	<b>Hydro Active Level 2#</b> 11.45-12.25pm Angie (SP)			
<b>Hydro Active Level 2#</b> 11.45-12.25pm Angie (SP)	<b>Deep Water Aqua #</b> 10.45-11.40am Linda (MP)	<b>BodyPump</b> 10.30-11.25am Tony (S1)	<b>Health Circuits</b> 12.40-1.35pm Irena (S2)	<b>Stretch &amp; Mobilise</b> 12.25-1.20pm Brigitte (S3)			
<b>Pilates</b> 12.20-1.15pm Paula (S3)	<b>BodyBalance</b> 11.20-12.15pm Jo L (S1)	<b>Mum &amp; Baby Yoga</b> 10.30-11.15am Michelle G (S4)	<b>POWER</b> 1.00-1.30pm Gym Team (G)	<b>Spin</b> 1.00-1.30pm Mandy P (SS)			
<b>Metafit</b> 12.25-12.55pm Taylor (S1)	<b>Pilates</b> 11.35-12.30pm Viv (S3)	<b>Deep Water Aqua</b> 10.45-11.40am Annisa (MP)	<b>INSANITY</b> 1.00-1.30pm Claire (S1)	<b>Metafit</b> 1.00-1.30pm Naomi (S1)			
<b>Health Circuits</b> 12.40-1.25pm Brigitte (S2)	<b>Ashtanga Yoga</b> 12.15-1.30pm Zoe LC (S4)	<b>Aqua #</b> 10.45-11.30am Angie (SP)	<b>Post Baby Tone</b> 1.35-2.20pm Gina/Claire (S1)	<b>Hatha Yoga</b> 1.30-2.45pm Ellie (S3)			
<b>PLAY</b> 1.00-1.30pm Gym Team (G)	<b>Post Baby Tone</b> 12.30-1.25pm Gina/Laura (S3)	<b>Pilates</b> 11.00-11.55am Yolanda (S3)	<b>Health Circuits</b> 1.40-2.35pm Irena (S2)				
<b>Zumba</b> 1.00-1.55pm Caroline (S1)	<b>POWER</b> 1.00-1.30pm Gym Team (G)	<b>Core Conditioning</b> 11.30-11.55am Tony (S1)					
<b>Spin</b> 1.00-1.30pm Will (SS)	<b>Metafit</b> 1.00-1.30pm Denise (S1)	<b>Trigger Point</b> 11.30-12.00pm Gym Team (S4)					

# Littledown Class Timetable continued

Monday 4 July - Sunday 4 September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Health Circuits</b> 1.00-1.55pm Irena (S2)	<b>Well Fit*</b> 12.00-12.55pm Irena (S1)				
	<b>Well Fit</b> 2.00-2.55pm Michelle (S1)	<b>Pilates</b> 12.30-1.25pm Paula (S4)				
	<b>Well Fit</b> 3.00-3.55pm Michelle (S1)	<b>INSANITY</b> 1.00-1.30pm Claire (S1)				
		<b>PLAY</b> 1.00-1.30pm Gym Team (G)				
		<b>Spin</b> 1.00-1.30pm Lucy (SS)				
<b>PRIMAL</b> 5.30-5.55pm Gym Team (S4)	<b>Core Conditioning</b> 5.30-5.55pm Cat (S2)	<b>Hatha Yoga</b> 1.00-1.55pm Irena (S3)	<b>Spin</b> 5.25-5.55pm Jo B (SS)	<b>BodyPump</b> 5.30-6.25pm Molly (S1)		<b>Hatha Yoga</b> 5.00-6.30pm Mark (S3)
<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Alison (S1)	<b>PLAY</b> 5.30-6.00pm Gym Team (S4)	<b>Spin</b> 5.30-6.00pm Sue (SS)	<b>Core Conditioning</b> 5.30-5.55pm Cat (S1)	<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Paula (S2)		
<b>PiYo</b> 5.40-6.25pm Claire V (S3)	<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Sarah (S1)	<b>V10</b> 5.30-6.15pm Gym Team (G)	<b>Circuits</b> 6.00-6.55pm Adrian (MH)	<b>Begin to Spin</b> 5.30-5.55pm Taylor (SS)		
<b>Spin</b> 5.45-6.30pm Cat (SS)	<b>Spin</b> 5.30-6.00pm Michelle C (SS)	<b>Body Conditioning</b> 5.30-6.25pm Sarah (S1)	<b>Dance Aerobics</b> 6.00-6.55pm Jason (S2)	<b>Spin</b> 6.00-6.30pm Taylor (SS)		
<b>BodyPump</b> 6.30-7.25pm Tony (S1)	<b>Circuits</b> 6.00-6.55pm Adrian (MH)	<b>Metafit</b> 6.00-6.30pm Tony (MH)	<b>Body Conditioning</b> 6.00-6.55pm Jo B (S1)	<b>Ashtanga Yoga</b> 6.00-7.15pm Tina (S3)		
<b>BodyBalance</b> 6.30-7.25pm Holly (S3)	<b>BodyBalance</b> 6.00-6.55pm Cat (S3)	<b>BodyBalance</b> 6.00-6.55pm Laura (S3)	<b>Spin</b> 6.15-7.00pm Chris (SS)	<b>V10</b> 6.30-7.15pm Gym Team (G)		
<b>Spin</b> 6.35-7.05pm Cat (SS)	<b>Step</b> 6.00-6.55pm Alison (S2)	<b>Spin</b> 6.05-6.50pm Amie (SS)	<b>CORE</b> 6.30-6.55pm Gym Team (S4)	<b>BodyPump</b> 6.30-7.25pm Molly (S1)		
<b>INSANITY</b> 7.00-7.50pm Claire V (MH)	<b>Spin</b> 6.05-6.35pm Michelle C (SS)	<b>BodyPump</b> 6.30-7.25pm Sue (S1)	<b>INSANITY</b> 7.00-7.30pm Sue B (MH)	<b>Pilates</b> 6.30-7.25pm Paula (S2)		
<b>Spin</b> 7.10-7.40pm Helen/Mina (SS)	<b>BodyPump</b> 6.30-7.25pm Charlotte (S1)	<b>Circuits</b> 6.35-7.30pm Tony (MH)	<b>BodyBalance</b> 7.00-7.55pm Cat (S2)	<b>Spin</b> 6.35-7.05pm Taylor (SS)		
<b>Aqua</b> 7.15-8.00pm Clive (SP)	<b>Back Care</b> 6.30-7.25pm Irena (S4)	<b>Spin</b> 7.00-7.55pm Annika (SS)	<b>Fitness Yoga</b> 7.00-7.55pm Sarah (S3)	<b>Aqua</b> 6.50-7.30pm Clive (SP)		
<b>Ashtanga Yoga</b> 7.30-8.25pm Zoe SG (S3)	<b>Spin</b> 6.45-7.30pm Michelle C (SS)	<b>Boxercise Circuits</b> 7.05-8.00pm Sue B (S3)	<b>Ante Natal Yoga</b> 7.00-7.55pm Michelle G (S4)	<b>Clubbercise</b> 7.30-8.25pm Amie (S1)		
<b>BodyBalance</b> 7.30-8.25pm Holly (S4)	<b>PLAY</b> 7.00-7.30pm Gym Team (G)	<b>Ashtanga Mysore</b> 7.05-8.20pm Araxy (S4)	<b>Spin</b> 7.05-7.35pm Chris (SS)			
<b>BodyPump</b> 7.30-8.25pm Marie (S1)	<b>BodyCombat</b> 7.00-7.55pm Candi (MH)	<b>Aqua</b> 7.15-8.00pm Clive (SP)	<b>BodyCombat</b> 7.35-8.30pm Neale (MH)			
<b>Spin</b> 7.45-8.30pm Tony (SS)	<b>Zumba</b> 7.00-7.55pm Cat (S2)	<b>Core Conditioning</b> 7.30-7.55pm Tony (MH)	<b>Back Care Pilates</b> 8.00-8.55pm Chris (S2)			
<b>Circuits</b> 8.00-8.55pm Adrian (MH)	<b>PiYo</b> 7.05-8.00pm Adrian (S3)	<b>Legs, Bums &amp; Tums</b> 7.30-8.15pm Sue (S1)				
<b>Aqua</b> 8.05-8.50pm Clive (SP)	<b>Metafit</b> 7.30-8.00pm Charlotte (S1)	<b>Aqua</b> 8.05-8.50pm Clive (SP)				
<b>Ashtanga Yoga</b> 8.35-9.30pm Victoria (S3)	<b>Pilates</b> 7.35-8.30pm Michelle (S4)	<b>BodyBalance</b> 8.05-9.00pm Holly (S2)				
<b>Pilates</b> 8.35-9.30pm Mandy B (S1)	<b>Beginners Circuits</b> 8.00-8.55pm Candi (MH)	<b>Hatha Yoga</b> 8.15-9.30pm Irena (S3)				
	<b>BodyAttack</b> 8.05-9.00pm Sophie (S1)					
	<b>Ashtanga Yoga</b> 8.10-9.25pm Araxy (S3)					

Class types

Calorie Burning Classes

Muscle Toning & Endurance Classes

All Over Body Workout Classes

Re-Energise & Relax Classes

Specialist Classes

Water Workout Classes

Introductory Low Impact Classes

Primal - Power - Play Classes

# Pelhams Class Timetable

Monday 4 July - Sunday 4 September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class types
<b>PLAY</b> 6.40-7.10am Gym Team (G)	<b>PLAY</b> 6.40-7.10am Gym Team (G)	<b>PLAY</b> 6.40-7.10am Gym Team (G)	<b>PLAY</b> 6.40-7.10am Gym Team (G)	<b>PLAY</b> 6.40-7.10am Gym Team (G)	<b>Swim Fit</b> 8.00-9.00am Annie (P)	<b>Body Conditioning</b> 9.00-9.55am Magda (S1)	Calorie Burning Classes
<b>Spin &amp; Abs</b> 7.15-8.00am Elliot (SS)	<b>Yoga</b> 7.00-7.55am Joanna (S2)	<b>Metafit</b> 7.15-7.45am Taylor (S1)	<b>Spin &amp; Abs ▲</b> 7.15-8.00am Kate (SS)	<b>Metafit</b> 7.15-7.45am Taylor (S1)	<b>Legs, Bums &amp; Tums</b> 9.00-9.55am Magda (S1)	<b>Spin</b> 9.15-10.00am Danni (SS)	Muscle Toning & Endurance Classes
<b>Hydro Active Level 2</b> 8.45-9.30am Brigitte (P)	<b>Hydro Active Level 2</b> 8.45-9.30am Naomi (P)	<b>Hydro Active Level 2</b> 8.45-9.30am Cat (P)	<b>BodyBalance</b> 9.20-10.15am Anita (S2)	<b>BodyCombat</b> 9.20-10.15am Maxine (S1)	<b>Metafit</b> 9.00-9.30am Elliot (S2)	<b>INSANITY</b> 10.05-10.55am Danni (S1)	All Over Body Workout Classes
<b>Legs, Bums &amp; Tums</b> 9.20-10.15am Kate (S2)	<b>Body Conditioning</b> 9.20-10.15am Rachel (S1)	<b>Metafit</b> 9.20-9.50am Karen (S1)	<b>BodyPump</b> 9.20-10.15am Laura (S1)	<b>BodyBalance</b> 9.20-10.15am Lesley (S2)	<b>CORE</b> 9.30-10.00am Gym Team (G)		Re-Energise & Relax Classes
<b>BodyPump</b> 9.20-10.15am Laura (S1)	<b>Zumba</b> 9.20-10.15am Emma (S2)	<b>Body Balance</b> 9.20-10.15am Diane (S2)	<b>20/20/20</b> 10.35-11.30am Laura (S1)	<b>Spin</b> 9.30-10.15am Magda (SS)	<b>Metafit</b> 9.35-10.05am Elliot (S2)		Specialist Classes
<b>Nice &amp; Easy</b> 10.35-11.20am Magda (S2)	<b>Aqua</b> 9.35-10.20am Naomi (P)	<b>Spin ▲</b> 09.30-10.00am Michelle (SS)	<b>Dance Mix</b> 10.35-11.30am Nicky (S2)	<b>Pilates</b> 10.35-11.30am Kate (S2)	<b>Spin</b> 10.05-10.35am Magda (SS)		Water Workout Classes
<b>Spin</b> 10.35-11.20am Laura (SS)	<b>Spin &amp; Abs</b> 10.35-11.20am Rachel (SS)	<b>PiYo</b> 9.55-10.25am Karen (S1)	<b>Aqua</b> 11.35-12.20pm Angie (P)	<b>Nice &amp; Easy</b> 10.35-11.20am Lesley (S1)	<b>BodyPump</b> 10.05-11.00am Claire M (S1)		Introductory Low Impact Classes
<b>Pilates</b> 11.30-12.25pm Magda (S2)	<b>Nice &amp; Easy</b> 10.35-11.20am Cat (S2)	<b>BodyPump</b> 10.35-11.30am Maxine (S1)	<b>Stretch &amp; Tone</b> 11.35-12.20pm Laura (S1)	<b>Aqua</b> 11.35-12.20pm Caroline (P)	<b>Pilates</b> 11.10-12.05pm Mandy (S2)		Primal - Power - Play Classes
<b>Health Circuits</b> 11.30-12.25pm Michelle (S1)	<b>Pilates</b> 11.30-12.25pm Cat (S2)	<b>Nice &amp; Easy</b> 10.35-11.20am Karen (S2)	<b>Health Circuits</b> 1.00-1.55pm Tamsyn (S2)	<b>Pilates</b> 11.35-12.30pm Magda (S2)			▲ No flashing lights
<b>Aqua</b> 11.35-12.20pm Clive (P)	<b>CORE</b> 5.30-6.00pm Gym Team (G)	<b>Beginners Pilates</b> 11.30-12.25pm Karen (S2)	<b>CORE</b> 5.30-6.00pm Gym Team (G)	<b>Health Circuits</b> 1.00-1.55pm Michelle (S2)			
<b>Health Circuits</b> 12.30-1.25pm Michelle (S1)	<b>BodyPump</b> 6.00-6.55pm Maxine (S1)	<b>Aqua</b> 11.35-12.20pm Caroline (P)	<b>Spin</b> 5.45-6.15pm Danni (SS)	<b>BodyPump</b> 5.10-5.55pm Danni (S1)			
<b>Beginners Pilates</b> 12.30-1.25pm Magda (S2)	<b>Pilates</b> 6.00-6.55pm Mandy (S2)	<b>Pilates</b> 5.30-6.25pm Karen (S2)	<b>BodyBalance</b> 6.00-6.55pm Becki (S2)	<b>CORE</b> 5.30-6.00pm Gym Team (G)			
<b>Metafit</b> 5.30-6.00pm Elliot (S2)	<b>Spin</b> 6.15-7.00pm Naomi (SS)	<b>Spin</b> 6.00-6.30pm Claire (SS)	<b>Body Conditioning</b> 6.00-6.55pm Magda (S1)	<b>Spin</b> 5.30-6.00pm Jodie (SS)			
<b>BodyPump</b> 5.45-6.40pm Jo L (S1)	<b>POWER</b> 6.30-7.00pm Gym Team (G)	<b>BodyPump</b> 6.00-6.55pm Jo L (S1)	<b>Spin</b> 6.20-6.50pm Danni (SS)	<b>BodyBalance</b> 5.45-6.30pm Jo L (S2)			
<b>CORE</b> 6.00-6.25pm Gym Team (S2)	<b>Aqua</b> 6.40-7.25pm Clive (P)	<b>PRIMAL</b> 6.30-7.00pm Gym Team (G)	<b>POWER</b> 6.30-7.00pm Gym Team (G)	<b>Boxercise</b> 6.00-6.55pm Danni (S1)			
<b>Spin</b> 6.15-6.45pm Elliot (SS)	<b>PLAY</b> 7.00-7.30pm Gym Team (G)	<b>Dance Mix</b> 6.30-7.25pm Jason (S2)	<b>Aqua</b> 6.40-7.25pm Clive (P)	<b>PRIMAL</b> 6.30-7.00pm Gym Team (G)			
<b>PRIMAL</b> 6.30-7.00pm Gym Team (G)	<b>Legs, Bums &amp; Tums</b> 7.00-7.55pm Rachel (S2)	<b>Spin</b> 6.35-7.05pm Claire (SS)	<b>PLAY</b> 7.00-7.30pm Gym Team (G)	<b>PLAY</b> 7.00-7.30pm Gym Team (G)			
<b>Zumba</b> 6.30-7.25pm Lucy (S2)	<b>Spin</b> 7.05-7.50pm Naomi (SS)	<b>PLAY</b> 7.00-7.30pm Gym Team (G)	<b>BodyPump</b> 7.00-7.55pm Mandy (S1)				
<b>BodyStep</b> 6.45-7.40pm Jo L (S1)	<b>BodyCombat</b> 7.10-8.05pm Jo L (S1)	<b>BodyStep</b> 7.00-7.55pm Jo L (S1)	<b>Zumba</b> 7.05-8.00pm Sarah (S2)				
<b>Spin</b> 6.50-7.20pm Elliot (SS)	<b>Aqua</b> 7.30-8.15pm Clive (P)	<b>Aqua</b> 7.30-8.15pm Ali (P)	<b>Aqua</b> 7.30-8.15pm Clive (P)				
<b>PLAY</b> 7.00-7.30pm Gym Team (G)	<b>BodyStep Athletic</b> 8.10-8.40pm Jo L (S1)	<b>PiYo</b> 7.30-8.15pm Wendy (S2)	<b>Pilates</b> 8.10-9.05pm Mandy (S2)				
<b>Spin</b> 7.25-7.55pm Elliot (SS)	<b>Hatha Yoga</b> 8.15-9.30pm Rowan (S2)	<b>Hatha Yoga</b> 8.20-9.20pm Wendy (S2)					
<b>Aqua</b> 7.30-8.15pm Gina/Ali (P)							
<b>Clubbercise (Starts 18 July)</b> 7.30-8.25pm Amie (S2)							
<b>BodyCombat</b> 7.45-8.40pm Jo L (S1)							



# Queen's Park Class Timetable

Monday 4 July - Sunday 4 September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class types
<b>POWER</b> 6.15-7.00am Gym Team (F)	<b>Metafit</b> 6.30-7.00am Marie (S1)	<b>PLAY</b> 6.15-7.00am Gym Team (F)	<b>PRIMAL</b> 6.10-6.30am Danni (F)	<b>V10</b> 6.15-7.00am Gym Team (S1)	<b>Boot Camp (Meet in Reception)</b> 8.25-9.15am Charlie (O)	<b>GRIT Strength (starts 17 July)</b> 8.25-8.55am Kelly (S1)	Calorie Burning Classes
<b>BodyAttack</b> 6.45-7.30am Marie (S1)	<b>BodyCombat</b> 7.00-7.45am Marie (S1)	<b>GRIT Strength (starts 20 July)</b> 6.25-6.55am Kelly (S1)	<b>INSANITY</b> 6.30-7.00am Danni (S1)	<b>BodyPump</b> 7.00-7.45am Marie (S1)	<b>INSANITY</b> 9.15-10.00am Holly (S1)	<b>BodyJam</b> 9.00-10.00am Kelly (S1)	Muscle Toning & Endurance Classes
<b>BodyAttack</b> 9.10-9.55am Charlie (S1)	<b>Pilates</b> 9.00-10.00am Holly (S2)	<b>Spin</b> 7.00-7.45am Kelly (SS)	<b>PiYo</b> 7.00-7.30am Danni (S1)	<b>GRIT Strength (starts 22 July)</b> 9.15-10.00am Marie (S1)	<b>Spin</b> 9.15-10.00am Tom (SS)	<b>Spin</b> 9.15-10.00am Scott (SS)	All Over Body Workout Classes
<b>Spin</b> 9.15-10.00am Kev (SS)	<b>Spin</b> 9.15-10.00am Kelly (SS)	<b>Spin</b> 9.15-10.00am Neale (SS)	<b>BodyStep Athletic</b> 9.10-9.55pm Lesley B (S1)	<b>Spin</b> 9.15-10.00am Tony (SS)	<b>PRIMAL</b> 10.00-10.30am Gym Team (F)	<b>Hatha Flow Yoga</b> 9.30-11.00am Lesley W (S2)	Re-Energise & Relax Classes
<b>Ashtanga Yoga</b> 9.15-10.45am Zoe (S2)	<b>Metafit</b> 9.15-10.00am Tony (S1)	<b>Circuits</b> 9.15-10.00am Gym Team (S1)	<b>Spin</b> 9.15-10.00am Danni (SS)	<b>Aqua</b> 9.30-10.30am Dan B (SP)	<b>BodyCombat</b> 10.00-11.00am Marie (S1)	<b>PRIMAL</b> 10.00-10.30am Gym Team (F)	Specialist Classes
<b>Aqua</b> 9.30-10.30am Simon (SP)	<b>POWER</b> 10.00-10.45am Gym Team (F)	<b>Aqua</b> 9.30-10.30am Beata (SP)	<b>PLAY</b> 10.00-10.30am Gym Team (F)	<b>PRIMAL</b> 10.00-10.30am Gym Team (F)	<b>PiYo</b> 10.00-10.55am Emma (S2)	<b>BodyStep</b> 10.00-10.55am Kelly (S1)	Water Workout Classes
<b>PLAY</b> 10.00-10.30am Gym Team (F)	<b>BodyBalance</b> 10.00-11.00am Holly (S1)	<b>Pilates</b> 10.00-10.55am Holly (S2)	<b>PiYo</b> 10.00-10.55am Emma (S2)	<b>BodyCombat</b> 10.05-11.05am Marie (S1)	<b>BodyBalance</b> 11.00-12.00pm Marie (S1)	<b>Stretch &amp; Abs</b> 10.30-11.00am Gym Team (F)	Introductory Low Impact Classes
<b>BodyPump</b> 10.00-11.00am Charlie (S1)	<b>Zumba</b> 11.00-11.45am Emma (S1)	<b>BodyJam</b> 10.00-11.00am Kelly (S1)	<b>BodyPump</b> 10.00-11.00am Lesley B (S1)	<b>Core</b> 10.30-11.00am Gym Team (F)	<b>PLAY</b> 5.30-6.00pm Gym Team (F)	<b>BodyPump</b> 11.00-12.00pm Kelly (S1)	Primal - Power - Play Classes
<b>Abs Blast</b> 10.30-11.00am Gym Team (F)	<b>Iyengar Yoga</b> 11.00-12.30pm Liz (S2)	<b>PRIMAL</b> 10.05-10.30am Gym Team (F)	<b>BodyBalance</b> 11.00-12.00pm Lesley B (S1)	<b>BodyBalance</b> 11.05-11.50am Marie (S1)		<b>Metafit</b> 5.00-5.30pm Marie (S1)	
<b>Hatha Yoga</b> 11.00-12.30pm Ellie (S2)	<b>Legs Bums &amp; Tums</b> 5.00-6.00pm Tony (S1)	<b>Stretch &amp; Abs</b> 10.30-11.00am Gym Team (F)	<b>Zumba</b> 12.05-12.50pm Emma (S1)	<b>Spin</b> 5.15-6.00pm Tony (SS)		<b>BodyBalance</b> 5.30-6.30pm Marie (S1)	
<b>BodyStep</b> 11.05-11.50am Charlie (S1)	<b>BodyPump</b> 6.00-7.00pm Claire (S1)	<b>Legs Bums &amp; Tums</b> 11.00-11.55am Kelly (S1)	<b>BodyPump</b> 5.15-6.00pm Marie (S1)	<b>BodyJam</b> 5.25-6.10pm Kelly (S1)			
<b>Metafit</b> 5.15-6.00pm Tony (S1)	<b>POWER</b> 6.15-6.45pm Gym Team (F)	<b>Ashtanga Yoga</b> 11.00-12.30pm Zoe (S2)	<b>Iyengar Yoga</b> 5.30-7.00pm Liz (S2)	<b>PLAY</b> 5.30-6.00pm Gym Team (F)			
<b>PRIMAL</b> 6.00-6.30pm Gym Team (F)	<b>Spin</b> 6.15-7.00pm Rob (SS)	<b>GRIT Strength (starts 20 July)</b> 5.25-5.55am Charlie (S1)	<b>BodyCombat</b> 6.00-7.00pm Claire (S1)	<b>Abs Blast</b> 6.10-7.05pm Tony (S1)			
<b>Spin</b> 6.00-6.45pm Tom (SS)	<b>BodyBalance</b> 7.05-8.05pm Claire (S1)	<b>Kettlebells</b> 6.00-6.30pm Gym Team (F)	<b>V10</b> 6.15-7.00pm Gym Team (F)				
<b>BodyBalance</b> 6.00-6.55pm Marie (S1)		<b>Spin</b> 6.00-6.45pm Tom (SS)	<b>BodyAttack</b> 7.00-7.30pm Marie (S1)				
<b>Boot Camp (Meet in Reception)</b> 6.10-6.55pm Charlie (O)		<b>BodyAttack</b> 6.00-7.00pm Charlie (S1)	<b>BodyBalance</b> 7.30-8.00pm Marie (S1)				
<b>Core</b> 6.30-7.00pm Gym Team (F)		<b>Hatha Flow Yoga</b> 6.00-7.30pm Lesley W (S2)					
<b>High Intensity Spin</b> 7.00-7.30pm Tom (SS)		<b>Abs Blast</b> 6.30-7.00pm Gym Team (F)					
<b>BodyCombat</b> 7.00-8.00pm Charlie (S1)		<b>BodyPump</b> 7.00-8.00pm Charlie (S1)					
<b>Iyengar Yoga</b> 7.30-9.00pm Liz (S2)		<b>PiYo</b> 7.35-8.30pm Emma (S2)					

F Freestyle Area  
S1 Studio 1  
S2 Studio 2  
SS Spin Studio  
SP Swimming Pool

# Stokewood Class Timetable

Monday 4 July - Sunday 4 September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class types
<b>Spin</b> 7.15-8.00am Michelle (SS)	<b>BodyCombat</b> 7.00-7.45am Kelly (S)	<b>Spin</b> 7.15-8.00am Michelle (SS)	<b>Hatha Yoga</b> 7.00-7.55am Amba (S)	<b>Pilates</b> 7.15-8.10am Diana (S)	<b>Swim Fit</b> 8.00-8.55am Jeanette (P)	<b>Spin</b> 9.25-9.55am Amie (SS)	<ul style="list-style-type: none"> <li><span style="color: red;">█</span> Calorie Burning Classes</li> <li><span style="color: green;">█</span> Muscle Toning &amp; Endurance Classes</li> <li><span style="color: purple;">█</span> All Over Body Workout Classes</li> <li><span style="color: orange;">█</span> Re-Energise &amp; Relax Classes</li> <li><span style="color: pink;">█</span> Specialist Classes</li> <li><span style="color: blue;">█</span> Water Workout Classes</li> </ul>
<b>Spin</b> 9.30-10.15am Becky (SS)	<b>Spin</b> 9.30-10.15am Lucy (SS)	<b>Spin</b> 9.30-10.15am Kerry (SS)	<b>Spin</b> 9.30-10.15am Naomi (SS)	<b>Kettle Bell Blast</b> 9.25-9.55am Cat (S)	<b>Hatha Yoga</b> 9.00-9.55am Pippa (S)	<b>Metafit &amp; Core</b> 9.25-10.10am Denise (S)	
<b>Body Conditioning</b> 9.30-10.25am Cat (S)	<b>Total Body</b> 9.30-10.25am Mandy (S)	<b>BodyCombat</b> 9.30-10.25am Chris J (S)	<b>Body Conditioning</b> 9.30-10.25am Lucy (S)	<b>Spin</b> 9.30-10.00am Charlie (SS)	<b>Spin</b> 9.30-10.15am James (SS)	<b>Spin</b> 10.00-10.45am Amie (SS)	
<b>Aqua</b> 10.15-11.00am Clive (P)	<b>Deep Water Aqua</b> 10.05-11.00am Clive (P)	<b>Aqua Zumba</b> 10.05-11.00am Cat (P)	<b>Ashtanga Yoga</b> 10.45-11.40am Zoe (S)	<b>Zumba</b> 10.00-10.55am Cat (S)	<b>Circuits</b> 10.00-10.55am Michelle/Ahmed (S)	<b>PiYo</b> 10.15-11.00am Nicki (S)	
<b>Body Flow Fusion</b> 10.30-11.25am Cat (S)	<b>Spin</b> 10.20-10.50am Lucy (SS)	<b>Hatha Yoga</b> 10.30-11.25am Pippa (S)	<b>Spin</b> 5.30-6.00pm Michelle (SS)	<b>Spin</b> 10.05-10.35am Charlie (SS)	<b>Spin</b> 10.20-11.05am Claire V (SS)	<b>Zumba</b> 11.05-12.00pm Sarah Y (S)	
<b>BodyCombat</b> 5.30-6.25pm Chris J (S)	<b>Pilates</b> 10.30-11.25am Mandy (S)	<b>Body Conditioning</b> 5.30-6.25pm Jo B (S)	<b>PiYo</b> 5.30-6.00pm Claire V (S)	<b>Spin</b> 10.40-11.10am Charlie (SS)	<b>Legs, Bums &amp; Tums</b> 11.00-11.55am Amie (S)	<b>Hatha Yoga</b> 7.00-7.55pm Mark (S)	
<b>Spin</b> 5.40-6.25pm Jo B (SS)	<b>Aqua</b> 11.10-11.55am Clive (P)	<b>Spin</b> 5.30-6.15pm James (SS)	<b>Spin</b> 6.05-6.50pm Michelle (SS)	<b>Deep Water Aqua</b> 11.00-11.55am Cat (P)			
<b>Spin</b> 6.30-7.15pm Chris J (SS)	<b>Spin</b> 5.25-5.55pm Jo B (SS)	<b>Spin</b> 6.30-7.15pm Elliot (SS)	<b>INSANITY</b> 6.05-6.55pm Claire V (S)	<b>Hatha Yoga</b> 11.05-12.00pm Pippa (S)			
<b>Total Body</b> 6.30-7.25pm Jo B (S)	<b>Kettle Bell Blast</b> 5.30-6.00pm Charlie (S)	<b>Zumba</b> 6.30-7.25pm Cat (S)	<b>Spin</b> 6.55-7.40pm Sam (SS)	<b>Kettle Bell Blast</b> 5.25-5.55pm Graeme (S)			
<b>Pilates</b> 7.30-8.25pm Chris J (S)	<b>Legs, Bums &amp; Tums</b> 6.05-7.00pm Jo B (S)	<b>Spin</b> 7.20-8.05pm Elliot (SS)	<b>Kettle Bell &amp; Abs</b> 7.00-7.55pm Ahmed (S)	<b>Spin</b> 5.30-6.15pm Naomi (SS)			
<b>Hatha Yoga</b> 7.30-8.25pm Amba (SS)	<b>Spin</b> 6.15-6.45pm Charlie (SS)	<b>BodyCombat</b> 7.30-8.25pm Kelly (S)	<b>HIIT</b> 8.00-8.55pm Ahmed (S)	<b>Circuits</b> 6.00-6.55pm Graeme (S)			
<b>Hatha Yoga</b> 8.30-9.25pm Amba (S)	<b>Spin</b> 6.50-7.20pm Charlie (SS)	<b>Hatha Yoga</b> 8.30-9.25pm Pippa (S)		<b>Hatha Yoga</b> 7.00-7.55pm Joanna (S)			
	<b>Clubbercise</b> 7.05-8.00pm Jo B (S)						
	<b>Core Conditioning</b> 7.30-7.55pm Charlie (SS)						
	<b>Time Attack</b> 8.05-9.00pm Graeme (S)						

# Sir David English Class Timetable

Monday 4 July - Sunday 4 September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PLAY</b> 8.20-8.50am Gym Team (G)	<b>Spin &amp; Abs</b> 7.15-8.00am Michelle (SS)	<b>PLAY</b> 8.20-8.50am Gym Team (G)	<b>HIIT</b> 7.00-7.45am Nathan (S)	<b>Boot Camp</b> 7.00-7.55am Adam (MH)	<b>Body Conditioning</b> 9.00-9.55am Mandy (S)	<b>Circuits</b> 9.30-10.00am Tom (S)
<b>Metafit</b> 8.55-9.25am Lucy (S)	<b>Metafit &amp; Core</b> 9.30-10.25am Elliot (S)	<b>INSANITY</b> 8.55-9.25am Danni (S)	<b>Spin</b> 7.15-8.00am Elliot (SS)	<b>PLAY</b> 8.40-9.10am Gym Team (G)	<b>Spin</b> 9.30-10.15am Jodie (SS)	<b>Spin</b> 9.30-10.15am Claire K (SS)
<b>Spin</b> 9.30-10.00am Michelle (SS)	<b>Pilates</b> 10.30-11.25am Brigitte (S)	<b>Spin ▲</b> 9.30-10.15am Amie (SS)	<b>Legs, Bums &amp; Tums</b> 9.30-10.25am Mandy (S)	<b>Metafit</b> 9.15-9.45am Karen (S)	<b>CORE</b> 10.30-11.00am Gym Team (G)	<b>Core Conditioning</b> 10.05-10.30am Tom (S)
<b>Legs, Bums &amp; Tums</b> 9.30-10.25am Lucy (S)	<b>Hatha Yoga</b> 11.30-12.25pm Michele (S)	<b>Body Conditioning</b> 9.30-10.25am Laura (S)	<b>Pilates</b> 10.30-11.25am Mandy (S)	<b>Begin to Spin</b> 9.30-10.00am Elliot (SS)		<b>PRIMAL</b> 10.30-11.00am Gym Team (G)
<b>Spin</b> 10.05-10.35am Michelle (SS)	<b>Spin</b> 5.55-6.25pm James (SS)	<b>Spin</b> 10.30-11.15am Laura (SS)	<b>Spin</b> 6.25-6.55pm Amie (SS)	<b>PiYo</b> 9.50-10.20am Karen (S)		<b>Hatha Yoga</b> 10.35-11.00am Irena (S)
<b>Zumba</b> 10.30-11.25am Emma (S)	<b>Circuits</b> 6.00-6.30pm Tom (S)	<b>Clubbercise</b> 10.30-11.25am Amie (S)	<b>Spin ▲</b> 7.00-7.30pm Amie (SS)	<b>Zumba Express</b> 10.25-11.10am Emma (S)		
<b>Zen Yoga</b> 11.30-12.45pm Maxine (S)	<b>Spin</b> 6.30-7.00pm James (SS)	<b>Metafit</b> 5.25-5.55pm Elliot (S)	<b>CORE</b> 7.30-8.00pm Gym Team (G)	<b>Zen Yoga</b> 11.15-12.30pm Maxine (S)		
<b>Spin</b> 12.30-1.00pm Danni (SS)	<b>CORE</b> 6.35-7.05pm Gym Team (G)	<b>POWER</b> 6.00-6.30pm Gym Team (G)		<b>POWER</b> 5.00-5.30pm Gym Team (G)		
<b>POWER</b> 5.00-5.30pm Gym Team (G)		<b>Hatha Yoga</b> 6.00-6.55pm Irena (S)		<b>CORE</b> 6.00-6.30pm Gym Team (G)		
<b>Begin to Spin ▲</b> 5.45-6.15pm Mandy (SS)		<b>CORE</b> 7.00-7.30pm Gym Team (G)				
<b>Spin</b> 6.20-6.50pm Mandy (SS)		<b>Spin</b> 7.00-7.30pm Claire (SS)				
		<b>Spin</b> 7.35-8.05pm Claire (SS)				


Class types

 Calorie Burning Classes

 Muscle Toning & Endurance Classes

 All Over Body Workout Classes

 Re-Energise & Relax Classes

 Specialist Classes

 Primal - Power - Play Classes

 ▲ No flashing lights

# Pyramids Class Timetable

Monday 4 July - Sunday 4 September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class types
<b>Spin</b> 7.00-7.30am (GH)	<b>Powerblast</b> 7.00-7.15am (G)	<b>Spin</b> 7.00-7.30am (GH)	<b>Powerblast</b> 7.00-7.15am (G)	<b>Spin</b> 7.00-7.30am (GH)	<b>Spin</b> 8.30-9.00am (S)	<b>Powerblast</b> 9.30-9.45am (G)	Calorie Burning Classes
<b>Speed Circuits</b> 7.00-7.30am (G)	<b>Aqua</b> 9.00-9.45am (TP)	<b>Speed Circuits</b> 7.00-7.30am (G)	<b>Aqua</b> 9.00-9.45am (TP)	<b>Speed Circuits</b> 7.00-7.30am (G)	<b>Spin</b> 9.00-9.45am (S)	<b>Legs, Bums &amp; Tums</b> 11.00-12.00pm (S)	Muscle Toning & Endurance Classes
<b>Spin</b> 7.30-8.15am (GH)	<b>Legs, Bums &amp; Tums</b> 9.00-10.00am (P)	<b>Spin</b> 7.30-8.15am (GH)	<b>Legs, Bums &amp; Tums</b> 9.30-10.30am (S)	<b>Spin</b> 7.30-8.15am (GH)	<b>BodyCombat</b> 10.00-11.00am (S/GH)	<b>Abs &amp; Core</b> 12.00-12.30pm (S)	All Over Body Workout Classes
<b>Spin</b> 9.30-10.00am (GH)	<b>Spin</b> 9.30-10.00am (GH)	<b>Piloxing</b> 9.00-10.00am (S)	<b>Pilates</b> 10.30-11.30am (S)	<b>Latino Aqua</b> 9.00-9.45am (MP)	<b>Pilates</b> 11.00-12.00pm (S)		Re-Energise & Relax Classes
<b>BodyCombat</b> 10.30-11.30am (S/GH)	<b>Yogalates</b> 10.00-11.00am (GH)	<b>Beginners Pilates</b> 10.00-10.45am (S)	<b>Low Impact Zumba</b> 12.00-1.00pm (S)	<b>Aerobics</b> 9.30-10.30am (S)	<b>Powerblast</b> 2.00-2.15pm (G)		Specialist Classes
<b>Spin</b> 5.30-6.15pm (GH)	<b>Yogalates</b> 11.00-12.00pm (GH)	<b>Advanced Pilates</b> 10.45-11.30am (S)	<b>Powerblast</b> 6.00-6.15pm (G)	<b>Pilates</b> 10.30-11.30am (S)			Water Workout Classes
<b>Powerblast</b> 6.00-6.15pm (G)	<b>Zumba</b> 11.00-12.00pm (P)	<b>Powerblast</b> 6.00-6.15pm (G)	<b>SH'BAM</b> 6.30-7.15pm (GH)	<b>Powerblast</b> 5.30-5.45pm (G)			
<b>BodyCombat</b> 6.00-7.00pm (S)	<b>Powerblast</b> 6.00-6.15pm (G)	<b>Spin</b> 6.00-6.45pm (GH)	<b>Circuits</b> 6.30-7.30pm (S)	<b>Abs &amp; Core</b> 6.00-6.30pm (G)			
<b>INSANITY</b> 6.30-7.15pm (GH)	<b>Legs, Bums &amp; Tums</b> 6.00-7.00pm (GH)	<b>Fat Burner</b> 6.00-6.45pm (S)	<b>INSANITY</b> 7.30-8.15pm (GH)	<b>Zumba</b> 7.00-8.00pm (GH)			
<b>Pilates</b> 7.00-8.00pm (S)	<b>Water Workout</b> 7.00-7.45pm (TP)	<b>Zumba</b> 7.00-7.50pm (GH)	<b>Fitness Pilates</b> 7.30-8.30pm (S)				
	<b>SH'BAM</b> 7.00-7.45pm (S)	<b>BodyCombat</b> 7.00-8.00pm (S)					
	<b>Yogalates</b> 7.00-8.00pm (S)	<b>Pilates</b> 8.00-8.45pm (S)					
	<b>Spin</b> 8.15-9.00pm (GH)	<b>Spin</b> 8.00-8.45pm (GH)					