

Sir David English Class Timetable

Tuesday 18 April - Sunday 2 July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRIT Cardio 7.00-7.30am Holly (S)	Spin 6.45-7.30am Lucy (SS)	BodyCombat 7.00-7.45am Marie (S)	HIIT 7.00-7.45am Nathan (S)	PLAY 8.40-9.10am Gym Team (G)	Body Conditioning 9.15-10.10am Mandy (S)	BodyCombat 9.15-10.10am Maxine (S)
Kettle Bell Blast 8.20-8.50am Gym Team (G)	Metafit & Core 9.30-10.25am Adam C (S)	GRIT Series 8.55-9.25am Ruth (S)	Legs, Bums & Tums 9.30-10.25am Mandy (S)	Metafit 9.15-9.45am Emma (S)	Spin 9.30-10.15am Mel (SS)	Spin 9.30-10.15am Claire K (SS)
Metafit 8.55-9.25am Lucy (S)	Pilates 10.30-11.25am Brigitte (S)	Spin ▲ 9.30-10.15am Amie (SS)	Pilates 10.30-11.25am Mandy (S)	Spin 9.30-10.15am Adam (SS)	BodyBalance 10.20-11.15am Mel (S)	Hatha Yoga 10.20-11.15am Irena/Gizella (S)
Spin 9.30-10.15am Emma (SS)	Circuits 6.00-6.30pm Tom (S)	Body Conditioning 9.30-10.25am Laura (S)	BodyCombat 6.15-7.00pm Kerry (S)	PiYo 9.50-10.20am Emma (S)	POWER 10.30-11.00am Gym Team (G)	PRIMAL 11.30-12.00pm Gym Team (G)
Legs, Bums & Tums 9.30-10.25am Lucy (S)	Spin 6.15-7.00pm Louise (SS)	Clubbercise 10.30-11.25am Amie (S)	Spin 6.15-7.00pm Amie (SS)	Zumba Express 10.25-11.10am Emma (S)		
Zumba Express 10.30-11.15am Emma (S)	GRIT Cardio 6.30-7.00pm Ruth/Steve (S)	Nice & Easy 11.30-12.25pm Emma (S)	PULSE 7.00-7.25pm Gym Team (G)	BodyBalance 11.15-12.10pm Maxine (S)		
BodyBalance 11.20-12.15pm Maxine (S)	CORE 6.35-7.05pm Gym Team (G)	HIIT 5.30-6.00pm Gym Team (S)		GRIT Series 5.30-6.00pm Ruth (S)		
BodyCombat 5.30-6.15pm Marie (S)		CORE 6.05-6.30pm Gym Team (G)		Hatha Yoga 6.05-7.20pm Gizella (S)		
Spin 6.15-7.00pm Mandy (SS)		Hatha Yoga 6.00-6.55pm Irena (S)				
GRIT Cardio 6.20-6.50pm Marie (S)		Spin 7.00-7.45pm Simon (SS)				

Class types

 Calorie Burning

 Muscle Toning & Endurance

 All Over Body Workout

 Re-Energise & Relax

 Specialist

 Primal - Power - Play Classes

 Introductory Low Impact

 No flashing lights