

Corfe Mullen

Classes

Monday 18 December		
7:05-7:35am	PRILAL	Becki S1
7:35-7:55am	GRIT Strength	Sarah T S1
9:15-10:00am	BodyAttack	Lesley S1
9:30-10:00am	PULSE	Gym Team G
9:30-10:00am	PRILAL	Becki S1
9:30-10:00am	PRILAL	Becki S1
9:30-10:00am	PRILAL	Becki S1
10:05-11:00am	Aqua	Ali M P
10:05-11:00am	BodyPump	Lesley S1
10:05-11:00am	BodyBalance	Angela S1
11:05-12:00pm	Zumba	Sarah Y S1
4:00-5:30pm	Hatha Yoga	Gizella S2
5:45-6:30pm	SH'Bam	Claire M S1
9:30-10:00am	PRILAL	Gym Team Q
6:00-7:00pm	BodyBalance	Natalie S2
6:35-7:35pm	BodyPump	Claire M S1
7:00-7:55pm	Aqua	Alison P
7:05-8:00pm	Pilates	Mel S2

Tuesday 19 December		
6:30-7:00am	PRILAL	Gym Team Q
7:05-7:55am	Hatha Yoga	Jenny S2
9:30-10:00am	Clubbercise	Ricky S2
9:30-10:00am	CORE	Gym Team Q
9:30-10:00am	Spin	Charlie SS
9:30-10:00am	Legs, Bums & Tums	Angela S1
9:30-10:00am	BodyBalance	Jenny S2
10:05-11:25am	Pilates	Diana S2
11:30-12:25pm	Hatha Yoga	Diana S2
11:30-12:25pm	Zumba Gold	Charlie S1
2:00-2:45pm	Aqua	Alison P
5:30-6:00pm	GRIT Series	Kelly B S1
6:00-6:55pm	PLAY	Gym Team Q
6:00-7:00pm	Pilates	Diana S2
6:00-7:00pm	BodyCombat	Kelly B S1
7:00-7:55pm	BodyBalance	Kelly B S2
7:05-8:00pm	BodyBalance	Rachel S1
7:10-8:05pm	Body Conditioning	Rachel S2
8:10-8:40pm	Deep Stretch	Rachel S2

Wednesday 20 December		
6:30-7:00am	GRIT Series	Ruth S1
6:30-7:00am	PRILAL	Natalie S2
9:15-10:00am	Hatha Yoga	Natalie S2
9:30-10:00am	PLAY	Gym Team Q
9:30-10:00am	Spin	Neale SS
9:30-10:00am	Aqua	Taylor S1
10:30-11:25am	Pilates	Becki S1
11:05-12:25pm	BodyCombat	Becki S2
11:05-12:25pm	BodyBalance	Becky S2
5:40-6:25pm	BodyAttack	Steve S1
5:40-6:25pm	BodyBalance	Gabby S2
5:45-6:30pm	Nice & Easy	Marie P
5:45-6:30pm	Aqua	Ali M P
6:30-7:00pm	PLAY	Gym Team Q
6:45-7:25pm	Zumba	Laura M S1
6:30-7:00pm	BodyPump	Stacey S1
7:45-9:00pm	Fitness Yoga	Caroline S

Thursday 21 December		
6:30-7:00am	PULSE	Gym Team Q
6:30-7:00am	BodyPump	Cassey S1
9:00-10:00am	PRILAL	Natalie S2
9:00-10:00am	Hatha Yoga	Gym Team Q
9:30-10:15am	Spin	Rachel SS
9:30-10:15am	Aqua	Lynn S1
10:05-11:00am	Pilates	Rutaela S1
11:05-12:00pm	BodyBalance	Natalie S2
5:30-6:45pm	Nice & Easy	Rachel SS
5:45-6:30pm	Spin	Neale SS
5:45-6:30pm	BodyPump	Cassey S1
5:45-6:30pm	POWER	Alison P
6:45-7:30pm	20/20/20	Sarah T S1

Friday 22 December		
6:40-7:00am	PLAY	Gym Team G
7:15-7:45am	Metafit	Taylor S1
9:00-10:15am	BodyCombat	Lou P
9:30-10:15am	Spin	Kate S2
10:35-11:30am	Nice & Easy	Magda S2
10:35-11:30am	Spin	Laura S2
11:30-12:00pm	Health Circuits	Michelle S1
11:35-12:20pm	Aqua	Simon P
12:30-1:25pm	Health Circuits	Michelle S1
12:30-1:25pm	Beginners Pilates	Magda S2
11:05-12:25pm	BodyBalance	Angela S1
5:45-6:25pm	BodyAttack	Steve S1
5:40-6:25pm	BodyBalance	Gabby S2
5:45-6:30pm	Nice & Easy	Marie P
5:45-6:30pm	Aqua	Ali M P
6:30-7:00pm	PLAY	Gym Team Q
6:45-7:25pm	Zumba	Laura M S1
6:30-7:00pm	BodyPump	Stacey S1
7:45-9:00pm	Fitness Yoga	Caroline S

Saturday 23 December		
8:05-8:35am	POWER	Gym Team Q
8:30-9:25am	BodyPump	Cassey S1
9:30-10:15am	Spin	Sarah T S1
9:30-10:15am	BodyCombat	Natalie S2
10:35-11:30am	Pilates	Ruth S2
10:35-11:30am	BodyBalance	Natalie S2

Sunday 24 December		
8:30-9:00am	PRILAL	Gym Team Q
8:30-9:00am	PRILAL	Gym Team Q
9:00-9:30am	GRIT Cardio	Jason S2
9:30-10:15am	Spin	Rachel SS
9:35-10:30am	BodyPump	Caroline S1
10:35-11:30am	CORE	Kelly B S2
10:35-11:30am	Legs, Bums & Tums	Sarah T S1

Monday 1 January		
6:30-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare SS

Tuesday 25 December		
6:40-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare SS

Wednesday 26 December		
6:40-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare SS

Friday 22 December		
6:40-7:00am	PLAY	Gym Team G
7:15-7:45am	Metafit	Taylor S1
9:00-10:15am	BodyCombat	Lou P
9:30-10:15am	Spin	Kate S2
10:35-11:30am	Nice & Easy	Magda S2
10:35-11:30am	Spin	Laura S2
11:30-12:00pm	Health Circuits	Michelle S1
11:35-12:20pm	Aqua	Simon P
12:30-1:25pm	Health Circuits	Michelle S1
12:30-1:25pm	Beginners Pilates	Magda S2
11:05-12:25pm	BodyBalance	Angela S1
5:45-6:25pm	BodyAttack	Steve S1
5:40-6:25pm	BodyBalance	Gabby S2
5:45-6:30pm	Nice & Easy	Marie P
5:45-6:30pm	Aqua	Ali M P
6:30-7:00pm	PLAY	Gym Team Q
6:45-7:25pm	Zumba	Laura M S1
6:30-7:00pm	BodyPump	Stacey S1
7:45-9:00pm	Fitness Yoga	Caroline S

Saturday 23 December		
8:05-8:35am	POWER	Gym Team Q
8:30-9:25am	BodyPump	Cassey S1
9:30-10:15am	Spin	Sarah T S1
9:30-10:15am	BodyCombat	Natalie S2
10:35-11:30am	Pilates	Ruth S2
10:35-11:30am	BodyBalance	Natalie S2

Sunday 24 December		
8:30-9:00am	PRILAL	Gym Team Q
8:30-9:00am	PRILAL	Gym Team Q
9:00-9:30am	GRIT Cardio	Jason S2
9:30-10:15am	Spin	Rachel SS
9:35-10:30am	BodyPump	Caroline S1
10:35-11:30am	CORE	Kelly B S2
10:35-11:30am	Legs, Bums & Tums	Sarah T S1

Monday 1 January		
6:30-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare SS

Tuesday 25 December		
6:40-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare SS

Wednesday 26 December		
6:40-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare SS

Thursday 27 December		
6:40-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare SS

Friday 28 December		
6:40-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare SS

Saturday 29 December		
8:05-8:35am	POWER	Gym Team Q
8:30-9:25am	BodyPump	Cassey S1
9:30-10:15am	Spin	Sarah T S1
9:30-10:15am	BodyCombat	Natalie S2
10:35-11:30am	Pilates	Ruth S2
10:35-11:30am	BodyBalance	Natalie S2

Sunday 30 December		
8:30-9:00am	PRILAL	Gym Team Q
8:30-9:00am	PRILAL	Gym Team Q
9:00-9:30am	GRIT Cardio	Jason S2
9:30-10:15am	Spin	Rachel SS
9:35-10:30am	BodyPump	Caroline S1
10:35-11:30am	CORE	Kelly B S2
10:35-11:30am	Legs, Bums & Tums	Sarah T S1

Friday 22 December		
6:40-7:00am	PLAY	Gym Team G
7:15-7:45am	Metafit	Taylor S1
9:00-10:15am	BodyCombat	Lou P
9:30-10:15am	Spin	Kate S2
10:35-11:30am	Nice & Easy	Magda S2
10:35-11:30am	Spin	Laura S2
11:30-12:00pm	Health Circuits	Michelle S1
11:35-12:20pm	Aqua	Simon P
12:30-1:25pm	Health Circuits	Michelle S1
12:30-1:25pm	Beginners Pilates	Magda S2
11:05-12:25pm	BodyBalance	Angela S1
5:45-6:25pm	BodyAttack	Steve S1
5:40-6:25pm	BodyBalance	Gabby S2
5:45-6:30pm	Nice & Easy	Marie P
5:45-6:30pm	Aqua	Ali M P
6:30-7:00pm	PLAY	Gym Team Q
6:45-7:25pm	Zumba	Laura M S1
6:30-7:00pm	BodyPump	Stacey S1
7:45-9:00pm	Fitness Yoga	Caroline S

Saturday 23 December		
8:05-8:35am	POWER	Gym Team Q
8:30-9:25am	BodyPump	Cassey S1
9:30-10:15am	Spin	Sarah T S1
9:30-10:15am	BodyCombat	Natalie S2
10:35-11:30am	Pilates	Ruth S2
10:35-11:30am	BodyBalance	Natalie S2

Sunday 24 December		
8:30-9:00am	PRILAL	Gym Team Q
8:30-9:00am	PRILAL	Gym Team Q
9:00-9:30am	GRIT Cardio	Jason S2
9:30-10:15am	Spin	Rachel SS
9:35-10:30am	BodyPump	Caroline S1
10:35-11:30am	CORE	Kelly B S2
10:35-11:30am	Legs, Bums & Tums	Sarah T S1

Monday 1 January		
6:30-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare SS

Tuesday 25 December		
6:40-7:00am	PLAY	Gym Team G
7:15-8:00am	Spin & Abs	Kate SS
9:20-10:15am	BodyPump	Laura S1
9:20-10:15am	BodyBalance	Marie S2
10:35-11:30am	20/20/20	Laura S1
11:35-12:20pm	Stretch & Tone	Laura S2
5:30-5:55pm	POWER	Gym Team G
5:45-6:15pm	Spin	Claire SS
5:45-6:30pm	ABC-Activate	Gym Team G
6:00-6:30pm	Body Conditioning	Clare SS
6:20-6:50pm	BodyBalance	Clare