

Corfe Mullen Class Timetable

Monday 3 September - Friday 21 December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRIT Strength 6.30-7.00am Caroline (S1)	PRIMAL 6.30-7.00am Gym Team (Q)	GRIT Series 6.30-7.00am Ruth (S1)	PULSE 6.30-7.00am Gym Team (Q)	PLAY 6.30-7.00am Gym Team (Q)	POWER 8.05-8.35am Gym Team (Q)	Hatha Yoga 8.15-9.30am Deborah (S2)
Circuits NEW 6.30-7.15am Gym Team (Q)	Iyengar Yoga 7.00-8.15am Kate (S2)	Pilates 7.05-7.50am Ruth (S2)	BodyPump 6.30-7.30am Molly (S1)	P90X 6.30-7.15am Clare (S1)	BodyPump 8.30-9.25am Jo (S1)	GRIT Cardio 9.00-9.30am Sarah Y (S1)
Spin 7.05-7.35am Sarah T (SS)	Dance Aerobics NEW 9.15-10.10am Natalie (S1)	Spin 9.15-10.00am Neale (SS)	Hatha Yoga 8.15-9.25am Joanna (S1)	Iyengar Yoga NEW 9.00-10.30am Catherine (S2)	Pilates 9.30-10.25am Kelly S (S2)	Spin 9.35-10.20am Sarah Y (SS)
BodyAttack 9.15-10.00am Lesley (S1)	CORE 9.30-10.00am Gym Team (Q)	Hatha Yoga 9.15-10.25am Joanna (S2)	Spin 9.15-10.00am Rachel (SS)	Body Balance 9.05-10.00am Jenny (S1)	BodyCombat 9.30-10.30am Jo (S1)	BodyPump 9.35-10.30am Cassey (S1)
PULSE 9.30-10.00am Gym Team (Q)	Spin 9.15-10.00am Charlie (SS)	PLAY 9.30-10.00am Gym Team (Q)	Body Conditioning 9.30-10.15am Mel (S1)	Spin 9.15-10.00am Mandy (SS)	Spin 9.30-10.15am Sarah T (SS)	CORE 10.30-11.00am Gym Team (Q)
Spin 9.15-10.00am Sarah Y (SS)	BodyBalance 9.30-10.25am Jenny (S2)	Aqua 9.30-10.25am Kelly P (P)	Lifting Techniques 9.30-10.30am Lewy/Paul (Q)	POWER 9.30-10.00am Gym Team (Q)	CORE 10.15-10.45am Gym Team (G)	Legs, Bums & Tums 10.35-11.30am Sarah T (S1)
Aqua 9.30-10.25am Alison P (P)	Spin 10.10-10.40am Gaynor (SS)	BodyPump 9.30-10.25am Becki (S1)	Power Pilates 9.30-10.00am Amanda (S2)	Aqua 9.30-10.15am Lynn (P)	BodyBalance 10.35-11.35am Jo (S1)	
Vinyasa Yoga 9.30-11.00am Rachel W (S2)	Legs, Bums & Tums 10.15-11.15am Natalie (S1)	Pilates 10.30-11.25am Becki (S2)	Aqua 9.30-10.15am Lynn (P)	Dance Fusion 10.05-11.00am Jason (S1)		
BodyPump 10.05-11.00am Lesley (S1)	Pilates 10.30-11.25am Diana (S2)	BodyCombat 10.30-11.25am Jo L (S1)	Pilates 10.05-11.00am Amanda (S2)	Pilates 10.35-11.30am Mandy (S2)		
Spin 10.10-10.55am Natalie (SS)	Pilates 11.30-12.25pm Diana (S2)	Pilates 11.30-12.25pm Becki (S2)	Sh'Bam 10.20-11.05am Mel L (S1)	Body Conditioning 11.05-12.00pm Jason (S1)		
BodyBalance 11.05-12.00pm Lesley (S2)	Zumba Gold 12.45-1.45pm Jane (S1)	Nice & Easy 11.35-12.30pm Claire (S1)	Body Balance 11.10-12.05pm Natalie (S2)	Body Pump 5.40-6.25pm Neale (S1)		
Zumba 11.05-12.00pm Sarah Y (S1)	Aqua 1.45-2.30pm Alison P (P)	BodyBalance 5.30-6.30pm Cat (S2)	Nice & Easy 11.05-12.00pm Rachel (S1)	PULSE 6.00-6.30pm Gym Team (Q)		
Pilates 12.30-1.30pm Nikki (S2)	GRIT Series 5.30-6.00pm Cassey (S1)	BodyAttack 5.45-6.30pm Steve (S1)	Hatha Yoga 12.30-1.45pm Natalie W (S2)	Spin 6.30-7.15pm Rachel (SS)		
Health Circuits NEW 1.30-2.25pm Suzy (S1) from 10 Sept	Spin 5.30-6.15pm Lizzie (SS)	Spin 5.45-6.30pm Mandy P (SS)	Health Circuits NEW 1.30-2.25pm Suzy (S1) from 13 Sept	Ashtanga Yoga 6.35-7.45pm Gemma (S1)		
Hatha Yoga 4.00-5.30pm Natalie (S2)	PLAY 6.00-6.30pm Gym Team (Q)	PLAY 6.30-7.00pm Gym Team (Q)	Ashtanga Vinyasa Yoga 5.30-6.45pm Vanessa (S2)			
Sh'Bam 5.45-6.30pm Claire (S1)	Pilates 6.00-7.00pm Diana (S2)	Spin 6.35-7.20pm Mandy (SS)	Spin 5.45-6.30pm Sarah T (SS)			
Spin 5.45-6.30pm Charlie (SS)	BodyCombat 6.05-7.00pm Kelly B (S1)	BodyPump 6.35-7.30pm Ella (S1)	BodyPump 5.45-6.40pm Jo L (S1)			
Lifting Techniques 6.00-7.00pm Lewy/Paul (Q)	Spin 6.20-7.05pm Rachel (SS)	Pilates 6.35-7.30pm Adele (S2)	Lifting Techniques 6.00-7.00pm Lewy/Paul (Q)			S1 studio 1
BodyBalance 6.00-7.00pm Cat (S2)	BodyBalance 7.05-8.00pm Kelly B (S2)	Ice Fitness 7.35-8.30pm Cat (S1)	Aqua 6.30-7.25pm Alison P (P)			S2 studio 2
BodyPump 6.35-7.35pm Claire (S1)	Body Conditioning 7.10-8.05pm Rachel (S1)	Fitness Yoga 7.45-9.00pm Sally Ann (S2)	Spin 6.45-7.30pm Charlie (SS)			SS spin studio
Spin 6.35-7.20pm Charlie (SS)	Deep Stretch 8.10-8.40pm Rachel (S2)		20/20/20 6.45-7.30pm Sarah T (S1)			G gym
Aqua 7.00-7.55pm Alison P (P)	Zumba 8.10-9.05pm Jacki (S1)		BodyBalance 7.00-8.00pm Jo (S2)			Q quad
Pilates 7.05-8.00pm Cat (S2)			Body Conditioning 7.35-8.20pm Sarah T (S1)			P pool

- Class types
- █ Calorie Burning
 - █ Muscle Toning & Endurance
 - █ All Over Body Workout
 - █ Re-Energise & Relax
 - █ Specialist
 - █ Water Workout
 - █ Introductory Low Impact
 - █ Primal - Power - Play - Pulse