

Sir David English Class Timetable

Monday 3 September - Friday 21 December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PLAY 6.45-7.15am Gym Team (G)	Spin 6.45-7.30am Lucy (SS)	PRIMAL 6.45-7.15am Gym Team (G)	POWER 8.20-8.50am Gym Team (G)	PLAY 8.40-9.10am Gym Team (G)	Body Conditioning 9.15-10.10am Laura (S)	BodyCombat 9.15-10.10am Maxine (S)
POWER 8.20-8.50am Gym Team (G)	POWER NEW 9.00-9.30am Gym Team (G)	Metafit 8.55-9.25am Claire (S)	Metafit 8.55-9.25am Claire (S)	Metafit 9.15-9.45am Emma (S)	Metafit NEW 9.30-10.00am Ella/Chloe (MH)	Spin 9.30-10.15am Claire K (SS)
Metafit 8.55-9.25am Lucy (S)	HIIT & Core 9.30-10.25am Michelle (S)	Spin ▲ 9.30-10.15am Mandy (SS)	Legs, Bums & Tums 9.30-10.25am Mandy (S)	Spin 9.30-10.15am Sue (SS)	Spin 9.30-10.15am Natalie (SS)	Hatha Yoga 10.20-11.35am Irena/Amba (S)
Spin 9.30-10.15am Emma (SS)	Pilates 10.30-11.25am Mel S (S)	Body Conditioning 9.30-10.25am Laura (S)	Pilates 10.30-11.25am Mandy (S)	PiYo 9.50-10.20am Emma (S)	Family Circuits 10.00-10.55am Gym Team (MH)	
Legs, Bums & Tums 9.30-10.25am Lucy (S)	Legs, Bums & Tums 6.00-6.30pm Louise (S)	Body Balance 10.30-11.25am Natalie (S)	Lifting Techniques NEW 5.00-6.00pm Gym Team (G)	Zumba Express 10.25-11.10am Emma (S)	BodyBalance 10.20-11.15am Natalie (S)	
Zumba Express 10.30-11.15am Emma (S)	Spin 6.15-7.00pm Steve W (SS)	Nice & Easy 11.30-12.25pm Emma (S)	BodyCombat 6.15-7.00pm Kerry (S)	Metafit 5.30-6.00pm Louise H (S)		
BodyBalance 11.20-12.15pm Maxine (S)	BodyPump Express 6.30-7.00pm Louise (S)	PULSE 5.30-6.00pm Gym Team (G)	Spin 6.30-7.15pm Mandy (SS)	Calisthenics 7.00-7.30pm Gym Team (G)		
BodyCombat 5.30-6.25pm Marie (S)	POWER 7.05-7.35pm Gym Team (G)	BLAST 6.05-6.30pm Gym Team (G)				
BLAST 6.00-6.30pm Gym Team (G)		Hatha Yoga 6.00-6.55pm Irena (S)				
Spin 6.15-7.00pm Mandy (SS)		Spin 7.00-7.45pm Simon (SS)				
BodyPump Express 6.30-7.00pm Steve (S)		BodyPump NEW 7.00-7.55pm Leanne (S)				

Class types

 Calorie Burning

 Muscle Toning & Endurance

 All Over Body Workout

 Re-Energise & Relax

 Specialist

 Primal - Power - Play - Pulse

 Introductory Low Impact

 No flashing lights