

Littledown

CLASS TIMETABLE

Saturday 25 August

8.00-8.50am	INSANITY	Nicki	S1
9.00-9.30am	Spin	Lou	SS
9.00-9.55am	PiYo	Nicki	S1
9.35-10.05am	Spin	Lou	SS
10.15-11.10am	BodyPump	Lou	S1
10.30-11.00am	ABC Core	Gym Team	G
10.30-11.15am	Spin	Elliot	SS
11.15-12.10pm	BodyPump	Lou	S1
11.30-12.00pm	Metafit	Elliot	S2
11.30-1.00pm	Yoga Flow	Rachel	S3

Sunday 26 August

8.00-8.50am	INSANITY	Nicki	S1
8.00-8.55am	Swim Fit	Andy	MP
9.00-9.45am	Spin	Mina	SS
9.00-9.55am	BodyPump	Anita	S1
9.00-9.55am	Legs, Bums & Tums	Fiona	S2
9.00-9.55am	PiYo	Nicki	S3
9.30-11.00am	Hatha Yoga	Edoardo	S4
10.00-10.55am	Circuits	Fiona	S1
10.00-10.55am	BodyBalance	Anita	S3

Monday 27 August

8.00-8.50am	INSANITY	Nicki	MH
8.30-9.10am	Hydro Level 2	Angie	SP
9.15-9.55am	Hydro Level 2	Naomi	SP
9.15-10.10am	BodyBalance	Anita	S3
9.25-10.15am	Legs, Bums & Tums	Jo B	MH
9.30-10.00am	Spin	Will	SS
9.30-11.00am	Ashtanga Vinyassa Yoga	Edoardo	S4
10.00-10.30am	ABC Core	Gym Team	G
10.05-10.35am	Spin	Will	SS
10.15-11.10am	BodyBalance	Anita	S3
10.20-11.15am	Clubbercise	Jo B	S1
11.15-12.30pm	Hatha Yoga	Edoardo	S3
1.00-1.30pm	Spin	Will	SS

Key: SS Spin Studio, S1 Studio 1, S2 Studio 2, S3 Studio 3, S4 Studio 4, G Gym, MH Main Hall, SP Splash Pool

Stokewood

CLASS TIMETABLE

Saturday 25 August

8.00-8.45am	Spin	Michelle	SS
9.00-9.55am	Yoga	Joy	S
9.15-10.00am	Spin	Michelle	SS
10.05-11.00am	Circuits	Michelle	S
11.05-12.00pm	BodyPump	Leanne	S

Sunday 26 August

9.00-9.30am	Metafit	Ahmed	S
9.30-10.00am	CORE	Ahmed	S
11.05-12.00pm	Zumba	Sarah	S

Monday 27 August

9.30-10.15am	Spin	Leanne	SS
9.30-10.25am	Yoga	Amba	S
10.30-11.25am	BodyPump	Leanne	S

Key: SS Spin Studio, S Studio

Queen's Park

CLASS TIMETABLE

Saturday 25 August

8.10-8.40am	Les Mills Sprint	Ruth	SS
8.45-9.15am	GRIT Series	Holly	S1
9.15-10.00am	Spin	Kerry	SS
9.15-10.00am	Insanity	Holly	S1
10.00-10.45am	Circuits	Gym Team	G2
10.00-11.00am	BodyCombat	Marie	S1
11.00-12.00pm	BodyBalance	Marie	S1

Sunday 26 August

8.25-8.55am	GRIT Strength	Ruth	S1
9.00-10.00am	BodyJam	Kelly	S1
9.15-10.00am	Spin	Chloe	SS
10.00-10.45am	Lifting Techniques	Gym Team	G1
10.00-10.55am	BodyStep	Kelly	S1
11.00-12.00pm	BodyPump	Kelly	S1

Monday 27 August

8.30-9.00am	Les Mills Sprint	Steve	SS
9.10-9.55am	BodyAttack	Marie	S1
10.00-10.30am	PLAY	Gym Team	G2
10.00-11.00am	BodyPump	Marie	S1
10.30-11.00am	CORE	Gym Team	G2
11.00-12.30pm	Hatha Yoga	Ellie	S2

Key: SS Spin Studio, S1 Studio 1, G1 Gym 1, G2 Gym 2

Pelhams

CLASS TIMETABLE

Saturday 25 August

8.00-9.00am	Swim Fit	Annie	P
8.30-9.00am	CXWorx	Marie	S1
9.00-9.30am	PLAY	Gym Team	G
9.00-9.30am	Metafit	Elliot	S2
9.00-9.55am	Legs, Bums & Tums	Magda	S1
10.00-10.55am	BodyPump	TBC	S2
10.05-10.50am	Spin	Magda	SS
11.20-12.15pm	Pilates	Michelle	S2

Sunday 26 August

8.30-9.00am	CXWorx	Marie	S1
9.00-10.00am	Outdoor Circuits	Selina	O
9.00-10.00am	BodyCombat	Marie	S2
10.00-11.00am	BodyBalance	Marie	S2

Monday 27 August

9.30-10.30am	PLAY	Gym Team	G
9.30-10.30am	BodyPump	Laura	S1
10.30-11.15am	Spin	Laura	SS

Key: SS Spin Studio, S1 Studio 1, S2 Studio 2, G Gym, Q Quad, P Pool

Sir David English

CLASS TIMETABLE

Saturday 25 August

9.15-10.10am	Body Conditioning	Laura	S
9.30-10.15am	Spin	Natalie	SS
10.00-10.55am	Family Circuits	Gym Team	MH
10.20-11.15am	BodyBalance	Natalie	S

Sunday 26 August

9.15-10.10am	BodyCombat	Maxine	S
9.30-10.15am	Spin	Claire	SS
10.20-11.35am	Hatha Yoga	Jo	S

Monday 27 August

9.30-10.15am	Spin	Mandy	SS
9.30-10.25am	Legs, Bums & Tums	Fiona	S
11.20-12.15pm	BodyBalance	Maxine	S

Key: SS Spin Studio, S Studio, MH Main Hall

Corfe Mullen

CLASS TIMETABLE

Saturday 25 August

8.05-8.35am	POWER	Gym Team	Q
8.30-9.25am	BodyPump	Jo	S1
9.30-10.15am	Spin	Sarah	SS
9.30-10.25am	Pilates	Michelle	S2
9.30-10.30am	BodyCombat	Jo	S1
10.15-10.45am	CORE	Gym Team	G
10.30-11.15am	Pilates	Michelle	S2
10.35-11.35am	BodyBalance	Jo	S2

Sunday 26 August

8.30-9.00am	PRIMAL	Gym Team	Q
9.00-9.30am	GRIT Cardio	Sarah	S1
9.35-10.20am	Spin	Sarah	SS
9.35-10.20am	BodyPump	Cassey	S1
10.30-11.00am	CORE	Gym Team	Q
10.35-11.30am	Legs, Bums & Tums	Pamela	S1

Monday 27 August

9.15-10.00am	Spin	Natalie	SS
9.15-10.00am	BodyAttack	Holly	S1
9.30-10.00am	PULSE	Gym Team	Q
9.30-10.25am	Aqua	Alison	P
9.30-11.00am	Vinyassa Yoga	Rachel	S2
10.05-11.00am	BodyPump	Holly	S1
11.05-12.00pm	BodyBalance	Holly	S2
4.00-5.30pm	Hatha Yoga	Joy	S1

Key: SS Spin Studio, S1 Studio 1, S2 Studio 2, G Gym, Q Quad, P Pool



Over 700 classes weekly

Photos courtesy of Les Mills