

Queen's Park Class Timetable

Wednesday 2 January - Thursday 18 April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRIT Series 6.30-7.00am Ruth/Steve (S1)	PULSE 6.05-6.30am Gym Team (G2)	GRIT Strength 6.25-6.55am Steve (S1)	GRIT Cardio 6.30-7.00am Ruth (S1)	PRIMAL 6.05-6.25am Gym Team (G2)	LesMills Sprint 8.10-8.40am Ruth (SS)	GRIT Strength 8.25-8.55am Nicci (S1)
LesMills Sprint 7.00-7.30am Ruth/Steve (SS)	Metafit 6.30-7.00am Sue (S1)	Spin 7.00-7.45am Kelly (SS)	HIIT 7.00-7.30am Gym Team (G1)	GRIT Plyo 6.25-6.55am Steve (S1)	GRIT Series 8.45-9.15am Holly (S1)	BodyJam 9.00-10.00am Kelly (S1)
Circuits NEW 7.15-7.45am Gym Team (S1)	BodyCombat 7.00-7.45am Marie (S1)	POWER NEW 7.05-7.35am Gym Team (S1)	Pilates 7.00-7.45am Ruth (S1)	BodyPump 7.00-7.45am Marie (S1)	HIIT 9.15-9.45am Gym Team (G2)	Spin 9.15-10.00am Chloe (SS)
Spin (starts 14 Jan) NEW 8.40-9.10am Claire (SS)	Pilates 9.00-10.00am Mel (S2)	Pilates 9.00-10.00am Mel (S2)	BodyStep Athletic 9.10-9.55am Lesley B (S1)	GRIT Strength 9.15-10.00am Luke (S1)	BodyPump 9.15-10.00am Ruth (S1)	Vinyasa Flow Yoga 9.30-11.00am Lesley W (S2)
BodyAttack 9.10-9.55am Marie (S1)	Spin 9.15-10.00am Leanne (SS)	Spin 9.15-10.00am Candi (SS)	LesMills Sprint 9.15-9.45am Ruth (SS)	Spin 9.15-10.00am Tony (SS)	Spin 9.15-10.00am Kerry (SS)	BodyStep 10.00-10.55am Kelly (S1)
Spin 9.15-10.00am Claire (SS)	Metafit 9.15-10.00am Tony (S1)	BodyPump 9.15-10.00am Ruth (S1)	Yin Yoga 9.45-11.00am Claire (S2)	Aqua 9.30-10.30am Clive (SP)	BodyCombat 10.00-11.00am Marie (S1)	Lifting Techniques 10.00-11.00am Gym Team (G1)
Mysore Ashtanga Yoga 9.15-10.45am Zoe (S2)	POWER 10.00-10.30am Gym Team (G1)	HIIT 9.30-10.00am Gym Team (G2)	BodyPump 10.00-11.00am Lesley B (S1)	BodyCombat 10.05-11.05am Marie (S1)	Pilates 10.05-11.05am Ruth (S2)	BodyPump 11.00-12.00pm Kelly (S1)
Aqua 9.30-10.30am Simon (SP)	BodyBalance 10.00-11.00am Sam (S1)	Aqua 9.30-10.30am Beata (SP)	Box Fit 11.05-11.50am Naomi (S2)	Pilates 11.05-12.00pm Ruth (S1)	BodyBalance 11.05-12.05pm Marie (S1)	HIIT NEW 5.00-5.30pm Gym Team (S1)
BodyPump 10.00-11.00am Marie (S1)	Iyengar Yoga 11.00-12.30pm Liz (S2)	Pilates 10.00-10.55am Mel (S2)	BodyBalance 11.05-12.05pm Lesley B (S1)	Adult Ballet 12.05-1.00pm Clare (S1)		BodyBalance 5.30-6.30pm Marie (S1)
CORE 10.30-11.00am Gym Team (G2)	Zumba 11.05-11.50am Emma (S1)	BodyJam 10.00-11.00am Kelly (S1)	Zumba 12.05-12.50pm Emma (S1)	Spin 5.15-6.00pm Tony (SS)		
Hatha Yoga 11.00-12.30pm Ellie (S2)	GRIT Plyo 5.15-6.00pm Holly (S1)	CORE 10.05-10.30am Gym Team (G2)	Aqua (starts 10 Jan) NEW 2.00-3.00pm Candi (SP)	BodyJam 5.25-6.10pm Kelly (S1)		
Legs Bums & Tums 11.05-12.00pm Lucy (S1)	BodyPump 6.00-7.00pm Marie (S1)	Box Fit 10.35-11.15am Naomi (G2)	BodyPump 5.15-6.00pm Marie (S1)	Legs, Bums & Tums 6.10-7.05pm Tony (S1)		
Hatha Yoga 12.30-2.00pm Ellie (S2)	Ashtanga Yoga 6.00-7.30pm Zoe (S2)	Legs Bums & Tums 11.00-11.55am Kelly (S1)	Iyengar Yoga 5.30-7.00pm Liz (S2)	Circuits NEW 7.15-8.00pm Gym Team (S1)		
Metafit 5.15-6.00pm Tony (S1)	Les Mills Sprint 6.30-7.00pm Jade (SS)	Mysore Ashtanga Yoga 11.05-12.35pm Zoe (S2)	BodyCombat 6.00-7.00pm Marie (S1)			
POWER 6.00-6.30pm Gym Team (G1)	POWER 7.00-7.30pm Gym Team (G1)	Yin Yoga NEW 12.00-1.15pm Claire (S1)	BodyAttack Express 7.00-7.45pm Matt (S1)			
Spin 6.00-6.45pm Jo (SS)	BodyBalance 7.05-8.05pm Sam (S1)	CORE 5.30-5.55pm Gym Team (G2)	Lifting Techniques 7.00-8.00pm Gym Team (G2)			
BodyBalance 6.00-6.55pm Luke (S1)	Box Fit 7.35-8.30pm Naomi (S2)	LesMills Sprint 5.30-6.00pm Steve (SS)	BodyBalance Express 7.45-8.30pm Marie (S1)			
Vinyasa Flow Yoga 6.00-7.25pm Steph (S2)		BodyAttack 6.00-7.00pm Matt (S1)				
CORE 6.30-7.00pm Gym Team (G2)		Vinyasa Flow Yoga 6.00-7.30pm Lesley W (S2)				
BodyCombat 7.00-8.00pm Ruth (S1)		Aqua 6.15-7.00pm Clive (SP)				
Iyengar Yoga 7.35-9.05pm Liz (S2)		BodyPump 7.05-8.05pm Marie (S1)				
		Swim HIIT (starts 9 Jan) NEW 7.30-8.00pm Candi (SP)				
		PiYo 7.35-8.30pm Emma (S2)				

Class Types

Calorie Burning

Muscle Toning & Endurance

All Over Body Workout

Re-Energise & Relax

Specialist

Water Workout

Introductory Low Impact

Primal - Power - Play - Pulse

G1 Gym 1
G2 Gym 2
S1 Studio 1
S2 Studio 2
SS Spin Studio
SP Swimming Pool