

Stokewood Class Timetable

Wednesday 2 January - Thursday 18 April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin 7.15-8.00am Leanne (SS)	CORE 6.30-7.00am Gym Team (G)	Body Balance 7.00-7.45am Naomi BI (S)	BodyPump 7.00-7.45am Naomi BI (S)	CORE 6.30-7.00am Gym Team (G)	Spin 8.00-8.45am Michelle (SS)	Metafit 9.00-9.30am Ahmed (S)
Spin 9.30-10.15am Leanne (SS)	BodyPump 7.00-7.45am Leanne (S)	Spin 7.15-8.00am Michelle (SS)	Hatha Yoga 8.15-9.15am Amba (S)	Pilates 7.15-8.10am Michelle (S)	Swim Fit 8.00-8.55am Jeanette (P)	Spin 9.25-9.55am Naomi BI/Leanne (SS)
BodyPump 9.30-10.25am Candi (S)	Spin 7.15-8.00am Michelle (SS)	Spin 9.30-10.15am Kerry (SS)	Spin 9.30-10.15am Naomi Be (SS)	Kettlebell Blast 9.25-9.55am Cat (S)	Hatha Yoga 9.00-9.55am Pippa (S)	Core Conditioning 9.30-10.00am Ahmed (S)
Aqua 10.15-11.00am Clive (P)	Spin 9.30-10.15am Lucy (SS)	BodyCombat 9.30-10.25am Chris J (S)	Body Conditioning 9.30-10.25am Lucy (S)	Spin 9.30-10.00am Charlie (SS)	Spin 9.30-10.15am Jason (SS)	Spin 10.00-10.45am Steve (SS)
POWER 10.20-10.50am Gym Team (G)	Total Body 9.30-10.25am Mandy (S)	Aqua Zumba 10.05-11.00am Cat (P)	Iyengar Yoga 10.45-11.40am Star (S)	Zumba 10.00-10.55am Cat (S)	Circuits 10.00-10.55am Michelle/Ahmed (S)	BodyPump 10.05-11.00am Naomi BI/Leanne (S)
Body Balance 10.30-11.25am Naomi BI (S)	Deep Water Aqua 10.00-10.55am Clive (P)	POWER 10.20-10.50am Gym Team (G)	Spin 5.30-6.00pm Michelle (SS)	Spin 10.05-10.35am Charlie (SS)	Legs, Bums & Tums 11.00-11.55am Jason (S)	Zumba 11.05-12.00pm Sarah Y (S)
BodyPump 5.30-6.25pm Chris J (S)	Pilates 10.30-11.25am Mandy (S)	Hatha Yoga 10.30-11.25am Pippa (S)	Metafit 5.30-6.00pm Claire V (S)	Spin 10.40-11.10am Charlie (SS)	BodyPump 4.30-5.25pm Kerry C/Naomi BI (S)	BodyPump 4.45-5.40pm Louise (S)
Spin 5.40-6.25pm Jo B (SS)	Aqua 11.00-11.55am Clive (P)	20/20/20 5.30-6.25pm Alison (S)	Spin 6.05-6.50pm Michelle (SS)	Deep Water Aqua 11.00-11.55am Cat (P)	Body Balance 5.30-6.25pm Natalie/Naomi BI (S)	Spin 6.00-6.45pm Louise (SS)
Spin 6.30-7.15pm Chris J (SS)	Zen Yoga 11.30-12.25pm Maxine (S)	Spin 5.30-6.15pm Leanne (SS)	Pilates 6.05-7.00pm Claire V (S)	Hatha Yoga 11.05-12.00pm Pippa (S)		Hatha Yoga 7.00-7.55pm Nicola (S)
Total Body 6.30-7.25pm Jo B (S)	Spin 5.25-5.55pm Jo B (SS)	Spin 6.30-7.15pm Elliot (SS)	Spin 6.55-7.40pm Luke (SS)	Kettlebell Blast 5.25-5.55pm Graeme (S)		
Pilates 7.30-8.25pm Chris J (S)	Athletic Conditioning 5.25-6.05pm Sue (S)	BodyPump 6.30-7.25pm Kerry (S)	Kettlebell & Abs 7.05-8.00pm Ahmed (S)	Spin 5.30-6.15pm Naomi Be (SS)		
Hatha Yoga 8.30-9.25pm Jacqui (S)	Legs, Bums & Tums 6.10-7.05pm Jo B (S)	Spin 7.20-8.05pm Elliot (SS)	Metafit & Core 8.05-9.00pm Ahmed (S)	Circuits 6.00-6.55pm Graeme (S)		
	Spin 6.15-7.00pm Sara (SS)	BodyCombat 7.30-8.25pm Kerry (S)		Hatha Yoga 7.15-8.10pm Joy (S)		
	Spin 7.05-7.50pm Elliot (SS)	Hatha Yoga 8.30-9.25pm Pippa (S)				
	Clubbercise 7.10-8.05pm Jo B (S)					
	Core Conditioning 8.00-8.30pm Elliot (G)					
	Circuits 8.10-9.05pm Graeme (S)					

Class Types

Calorie Burning

Muscle Toning & Endurance

All Over Body Workout

Re-Energise & Relax

Specialist

Water Workout

Introductory Low Impact

Primal - Power - Play - Pulse

S Studio

SS Spin Studio

G Gym

P Pool