

# Corfe Mullen Class Timetable

Wednesday 2 January - Thursday 18 April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GRIT Strength</b> 6.30-7.00am Caroline (S1)	<b>PRIMAL</b> 6.30-7.00am Gym Team (Q)	<b>GRIT Series</b> 6.30-7.00am Holly (S1)	<b>PULSE</b> 6.00-6.30am Gym Team (Q)	<b>Metafit</b> <b>NEW</b> 6.30-7.00am Chloe (S1)	<b>BodyPump</b> 8.30-9.30am Jo (S1)	<b>Hatha Yoga</b> 8.15-9.30am Deborah (S2)
<b>Circuits</b> 6.30-7.15am Gym Team (Q)	<b>Iyengar Yoga</b> 7.00-8.15am Kate (S2)	<b>Vinyasa Yoga</b> <b>NEW</b> 7.05-8.15am Holly (S2)	<b>BodyPump</b> 6.30-7.30am Molly (S1)	<b>CORE</b> <b>NEW</b> 7.00-7.30am Gym Team (Q)	<b>Spin</b> 9.15-10.00am Sarah T (SS)	<b>GRIT Cardio</b> 8.55-9.25am Holly (S1)
<b>Spin</b> 7.05-7.35am Sarah T (SS)	<b>Spin</b> 9.15-10.00am Charlie (SS)	<b>Spin</b> 9.15-10.00am Neale (SS)	<b>Hatha Yoga</b> 8.15-9.25am Joanna (S1)	<b>Iyengar Yoga</b> 9.00-10.30am Catherine (S2)	<b>POWER</b> 9.30-10.00am Gym Team (Q)	<b>Spin</b> 9.30-10.15am Sarah Y (SS)
<b>BodyAttack</b> 9.15-10.00am Lesley (S1)	<b>Zumba</b> <b>NEW</b> 9.15-10.15am Sam (S1)	<b>Hatha Yoga</b> 9.15-10.25am Joanna (S2)	<b>Pilates</b> <b>NEW</b> 9.05-10.00am Amanda (S2)	<b>Body Balance</b> 9.05-10.00am Jenny (S1)	<b>Pilates</b> 9.30-10.30am Kelly S (S2)	<b>BodyPump</b> 9.30-10.30am Cassey (S1)
<b>PULSE</b> 9.30-10.00am Gym Team (Q)	<b>CORE</b> 9.30-10.00am Gym Team (Q)	<b>PLAY</b> 9.30-10.00am Gym Team (Q)	<b>Spin</b> 9.15-10.00am Rachel (SS)	<b>Spin</b> 9.15-10.00am Mandy (SS)	<b>BodyCombat</b> 9.35-10.35am Jo (S1)	<b>CORE</b> 10.30-11.00am Gym Team (Q)
<b>Spin</b> 9.15-10.00am Sarah Y (SS)	<b>BodyBalance</b> 9.30-10.25am Jenny (S2)	<b>BodyPump</b> 9.15-10.15am Becki (S1)	<b>Body Conditioning</b> 9.30-10.15am Mel (S1)	<b>POWER</b> 9.30-10.00am Gym Team (Q)	<b>Spin</b> <b>NEW</b> 10.10-10.55am Sarah T (SS)	<b>Legs, Bums &amp; Tums</b> 10.35-11.30am Sarah T (S1)
<b>Aqua</b> 9.30-10.25am Alison P (P)	<b>Spin</b> 10.10-10.40am Gaynor (SS)	<b>Aqua</b> 9.30-10.25am Kelly P (P)	<b>Lifting Techniques</b> 9.30-10.30am Lewy/Paul (Q)	<b>Aqua</b> 9.30-10.15am Lynn (P)	<b>CORE</b> 10.15-10.45am Gym Team (G)	
<b>Vinyasa Yoga</b> 9.30-11.00am Rachel W (S2)	<b>Pilates</b> 10.30-11.25am Diana (S2)	<b>Spin</b> (starts 23 Jan) <b>NEW</b> 10.10-10.55am Neale (SS)	<b>Aqua</b> 9.30-10.15am Lynn (P)	<b>Dance Fusion</b> 10.05-11.00am Jason (S1)	<b>BodyBalance</b> 10.35-11.35am Jo (S1)	
<b>BodyPump</b> 10.05-11.05am Lesley (S1)	<b>Legs, Bums &amp; Tums</b> 10.30-11.30am Jenny (S1)	<b>Pilates</b> 10.30-11.25am Becki (S2)	<b>Pilates</b> 10.05-11.00am Amanda (S2)	<b>Pilates</b> 10.35-11.30am Mandy (S2)		
<b>Spin</b> 10.10-10.55am Sarah (SS)	<b>Pilates</b> 11.30-12.25pm Diana (S2)	<b>BodyCombat</b> 10.30-11.25am Jo L (S1)	<b>Spin</b> <b>NEW</b> 10.10-10.55am Rachel (SS)	<b>Body Conditioning</b> 11.05-12.00pm Jason (S1)		
<b>Zumba</b> 11.05-12.00pm Sarah Y (S1)	<b>Zumba Gold</b> 12.45-1.45pm Claire (S1)	<b>Pilates</b> 11.30-12.25pm Becki (S2)	<b>Sh'Bam</b> 10.20-11.05am Mel L (S1)	<b>Zumba Gold</b> <b>NEW</b> 12.05-1.05pm Claire (S1)		
<b>BodyBalance</b> 11.10-12.10pm Lesley (S2)	<b>Aqua</b> 1.45-2.30pm Alison P (P)	<b>Nice &amp; Easy</b> 11.35-12.30pm Claire (S1)	<b>Body Balance</b> 11.10-12.05pm Natalie (S2)	<b>Body Pump</b> 5.40-6.25pm Neale (S1)		
<b>Pilates</b> 12.30-1.30pm Nikki (S2)	<b>Nice &amp; Easy</b> <b>NEW</b> 1.45-2.40pm Claire (S1)	<b>Health Circuits</b> <b>NEW</b> 1.00-2.00pm Suzy (S1)	<b>Nice &amp; Easy</b> 11.05-12.00pm Rachel (S1)	<b>PULSE</b> 6.00-6.30pm Gym Team (Q)		
<b>Health Circuits</b> 1.30-2.25pm Suzy (S1)	<b>GRIT Series</b> 5.30-6.00pm Cassey (S1)	<b>BodyBalance</b> 5.30-6.30pm Cat (S2)	<b>Hatha Yoga</b> 12.30-1.45pm Natalie W (S2)	<b>Spin</b> 6.30-7.15pm Rachel (SS)		
<b>Hatha Yoga</b> 4.00-5.30pm Natalie (S2)	<b>Spin</b> 5.30-6.15pm Gaynor (SS)	<b>Spin</b> 5.45-6.30pm Mandy P (SS)	<b>Health Circuits</b> 1.30-2.25pm Suzy (S1)	<b>Ashtanga Yoga</b> 6.35-7.45pm Victoria (S1)		
<b>Sh'Bam</b> 5.45-6.30pm Claire (S1)	<b>Pilates</b> 6.00-7.00pm Diana (S2)	<b>BodyAttack</b> 6.00-6.55pm Steve (S1)	<b>Ashtanga Vinyasa Yoga</b> 5.30-6.45pm Vanessa (S2)			
<b>Spin</b> 5.45-6.30pm Charlie (SS)	<b>BodyCombat</b> 6.05-7.00pm Kelly B (S1)	<b>CORE</b> <b>NEW</b> 6.30-7.00pm Gym Team (Q)	<b>Spin</b> 5.45-6.30pm Sarah T (SS)			
<b>Circuits</b> <b>NEW</b> 6.00-6.45pm Gym Team (Q)	<b>PLAY</b> 6.15-6.45pm Gym Team (Q)	<b>Spin</b> 6.35-7.20pm Mandy (SS)	<b>BodyPump</b> 5.45-6.45pm Jo L (S1)			
<b>BodyBalance</b> 6.00-7.00pm Cat (S2)	<b>Spin</b> 6.20-7.05pm Rachel (SS)	<b>Pilates</b> 6.35-7.30pm Adele (S2)	<b>Lifting Techniques</b> 6.00-7.00pm Lewy/Paul (Q)			
<b>BodyPump</b> 6.35-7.35pm Claire (S1)	<b>BodyBalance</b> 7.05-8.05pm Kelly B (S2)	<b>BodyPump</b> 7.00-8.00pm Ella (S1)	<b>Aqua</b> (starts 24 Jan) <b>NEW</b> 6.30-7.20pm Alison (P)			
<b>Spin</b> 6.35-7.20pm Charlie (SS)	<b>Body Conditioning</b> 7.10-8.05pm Rachel (S1)	<b>Fitness Yoga</b> 7.45-9.00pm Sally Ann (S2)	<b>Spin</b> 6.45-7.30pm Charlie (SS)			
<b>Aqua</b> 7.00-7.55pm Alison P (P)	<b>Deep Stretch</b> 8.10-8.40pm Rachel (S2)	<b>Sh'Bam</b> <b>NEW</b> 8.05-8.50pm Angela (S1)	<b>20/20/20</b> 6.50-7.35pm Sarah T (S1)			
<b>Pilates</b> 7.05-8.00pm Cat (S2)	<b>Zumba</b> 8.10-9.05pm Jacki (S1)		<b>BodyBalance</b> 7.00-8.00pm Jo (S2)			
			<b>CORE</b> <b>NEW</b> 7.35-8.05pm Sarah T (S1)			

- Class Types
- █ Calorie Burning
  - █ Muscle Toning & Endurance
  - █ All Over Body Workout
  - █ Re-Energise & Relax
  - █ Specialist
  - █ Water Workout
  - █ Introductory Low Impact
  - █ Primal - Power - Play - Pulse
- S1 Studio 1  
S2 Studio 2  
SS Spin Studio  
G Gym  
Q Quad  
P Pool