

Pelhams Class Timetable

Wednesday 2 January - Thursday 18 April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PLAY 6.15-6.45am Gym Team (G)	POWER 6.30-7.00am Gym Team (G)	BodyPump Express 6.30-7.15am Marie (S1)	PLAY 6.30-7.00am Gym Team (G)	PRIMAL 6.30-7.00am Gym Team (G)	Swim Fit 8.00-9.00am Annie (P)	BodyCombat 9.00-9.55am Marie (S1)
Metafit 6.45-7.15am James (S1)	Hydro Active Level 2 8.45-9.30am Naomi (P)	Lifting Techniques 6.30-7.30am Gym Team (G)	Swim HIIT 7.05-7.35am Simon (P)	Metafit 7.00-7.30am Taylor (S1)	PLAY 8.30-9.00am Gym Team (G)	Circuits 9.00-9.55am Selina (S2)
Hydro Active Level 2 8.45-9.30am Lou (P)	Sh'Bam 9.30-10.15am Mel (S2)	CXWORX 7.20-7.50am Marie (S1)	Spin & Abs ▲ 7.15-8.00am Kate (SS)	BodyCombat 9.20-10.15am Maxine (S1)	CXWORX 8.30-9.00am Marie (S2)	Family Circuits 10.00-10.30am Gym Team (S2)
Nice & Easy Spin 9.20-9.50am Michelle (SS)	Body Conditioning 9.30-10.25am Rachel (S1)	Hydro Active Level 2 8.45-9.30am Cat (P)	Pilates 8.00-8.55am Kate (S2)	BodyBalance 9.20-10.15am Lesley (S2)	Metafit 9.00-9.30am Elliot (S2)	CXWORX 10.00-10.30am Marie (S1)
Legs, Bums & Tums 9.20-10.15am Kate (S2)	Aqua 9.35-10.20am Naomi (P)	Metafit 9.15-9.45am Simon (S1)	BodyBalance 9.20-10.15am Maxine (S2)	Spin 9.30-10.15am Magda (SS)	Legs, Bums & Tums 9.00-9.55am Magda (S1)	BodyBalance 10.30-11.25am Marie (S2)
BodyPump 9.30-10.25am Laura (S1)	CXWORX 10.30-11.00am Kelly (S1)	BodyBalance 9.20-10.15am Leila (S2)	Spin 9.30-10.15pm James (SS)	Running Group 9.30-10.30am Naomi (MR)	Sh'Bam 10.00-10.45am Claire M (S1)	Yoga 5.00-6.15pm Nicola (S2)
Box Fit 10.00-10.45am Naomi M (G)	Spin 10.30-11.15am Rachel (SS)	Spin 09.30-10.15am Lou (SS)	BodyPump 9.30-10.25am Laura (S1)	Box Fit 10.00-10.45am Naomi M (G)	Spin 10.00-10.45am Magda (SS)	
Spin 10.30-11.15am Laura (SS)	Nice & Easy 10.35-11.20am Cat (S2)	BodyCombat 09.45-10.30am Maxine (S1)	20/20/20 10.35-11.30am Laura (S1)	Pilates 10.35-11.30am Michelle C (S2)	BodyPump 10.50-11.45am Claire M (S1)	
Sh'Bam 10.30-11.15am Claire M (S1)	Adult Ballet 11.05-12.00pm Mel (S1)	Nice & Easy 10.35-11.20am Jenny (S2)	Dance Mix 10.35-11.30am Jason (S2)	Nice & Easy 10.35-11.35am Claire (S1)	Pilates 11.20-12.15pm Michelle (S2)	
Nice & Easy 10.35-11.20am Magda (S2)	Pilates 11.30-12.25pm Cat (S2)	BodyPump 10.35-11.30am Maxine (S1)	Aqua 11.35-12.20pm Angie (P)	Aqua 11.35-12.20pm Caroline (P)		
Pilates 11.30-12.25pm Magda (S2)	Spin 6.00-6.30pm Naomi (SS)	Beginners Pilates 11.30-12.25pm Cat (S2)	Stretch & Tone 11.35-12.20pm Laura (S2)	Back Care Pilates 11.35-12.30pm Magda (S2)		
Health Circuits 11.30-12.25pm Michelle (S1)	Box Fit 6.00-6.45pm Naomi M (G)	Aqua 11.35-12.20pm Linda (P)	Health Circuits 1.00-1.55pm Michelle (S1)	Health Circuits 1.00-1.55pm Michelle (S1)		
Aqua 11.35-12.20pm Clive (P)	BodyPump 6.00-6.55pm Maxine (S1)	Health Circuits 12.30-1.25pm Michelle (S1)	Beginners Pilates 2.15-3.10pm Michelle (S2)	Pilates 2.00-2.55pm Mandy (S2)		
Health Circuits 12.30-1.25pm Michelle (S1)	Pilates 6.00-6.55pm Mandy (S2)	Zen Yoga 12.30-1.25pm Maxine (S2)	POWER 5.30-5.55pm Gym Team (G)	Health Circuits 2.00-2.55pm Michelle (S1)		
Beginners Pilates 12.30-1.25pm Magda (S2)	CORE 6.30-7.00pm Gym Team (G)	Pilates 5.30-6.30pm Mel S (S2)	Spin 6.00-6.45pm Claire (SS)	BodyBalance 5.45-6.30pm Jo (S2)		
BodyPump 5.45-6.40pm Jo (S1)	Spin 6.35-7.05pm Naomi (SS)	PRIMAL 6.00-6.30pm Gym Team (G)	BodyBalance 6.00-6.55pm Ruth (S2)	Spin 6.00-6.45pm Mandy (SS)		
PULSE 6.00-6.30pm Gym Team (G)	Aqua 6.40-7.25pm Clive (P)	Spin 6.00-6.45pm Claire (SS)	Body Conditioning 6.00-6.55pm Magda (S1)	BodyPump Express 5.45-6.30pm Steve (S1)		
Spin 6.00-6.30pm Naomi (SS)	Legs, Bums & Tums 7.00-7.55pm Caroline (S2)	BodyPump 6.00-6.55pm Jo (S1)	Aqua 6.40-7.25pm Clive (P)	Bodystep Athletic 6.35-7.05pm Jo (S1)		
CORE 6.30-7.00pm Gym Team (G)	BodyCombat 7.10-8.05pm Jo (S1)	CORE 6.30-7.00pm Gym Team (G)	BodyPump 7.00-7.55pm Gemma (S1)			
Zumba 6.30-7.25pm Lucy (S2)	Aqua 7.30-8.15pm Clive (P)	Dance Mix 6.30-7.25pm Jason (S2)	Zumba 7.00-7.55pm Sarah (S2)			
Spin 6.35-7.05pm Elliot (SS)	BodyStep 8.10-8.40pm Jo (S1)	BodyStep 7.00-7.55pm Jo (S1)	Pilates 8.00-8.55pm Mandy (S2)			
BodyStep 6.45-7.40pm Jo (S1)	Hatha Yoga 8.15-9.30pm Rowan (S2)	Aqua 7.30-8.15pm Lynn (P)	CXWORX 8.05-8.35pm Jade (S1)			
Spin 7.10-7.40pm Elliot (SS)		Athletic Stretch 7.30-8.15pm Rachel (S2)				
Aqua 7.30-8.15pm Simon (P)		Sh'Bam 8.00-8.45pm Claire M (S1)				
BodyCombat 7.45-8.40pm Jo (S1)		Iyengar Yoga 8.20-9.35pm Star (S2)				
BodyBalance 7.45-8.40pm Naomi BI (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
- ▲ No flashing lights
- ✿ First Monday of the month

- S1 Studio 1
- S2 Studio 2
- SS Spin Studio
- P Swimming Pool
- G Gym