

# Queen's Park Class Timetable

Wednesday 2 January - Thursday 18 April 2019

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