

Littledown Class Timetable Daytime

Tuesday 23 April - Sunday 30 June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump 6.45-7.30am Molly (S1)	PULSE 6.30-7.00am Gym Team (G)	POWER 6.30-7.00am Gym Team (G)	PRIMAL 6.30-7.00am Gym Team (G)	PiYo 6.30-7.00am Nicki (MH)	INSANITY 8.00-8.50am Nicki (S1)	INSANITY 8.00-8.50am Nicki/Emma S (S1)
INSANITY 7.00-7.30am Nicki (MH)	Spin 6.45-7.15am Lisa (SS)	INSANITY 6.30-7.00am Nicki (MH)	INSANITY 7.00-7.30am Nicki (MH)	Lifting Techniques 6.30-7.30am Gym Team (G)	Yoga 8.00-8.55am Sophie (S3)	Swim Fit 8.00-8.55am Andy (MP)
Spin 7.00-7.30am Steve (SS)	BodyBalance 6.45-7.30am Pamela (S3)	PiYo 7.05-7.35am Nicki (MH)	Iyengar Yoga 7.00-8.15am Marcelle (S3)	INSANITY 7.05-7.35am Nicki (MH)	Spin 9.00-9.45am Lou C/Lou H (SS)	Hatha Yoga 8.30-9.55am Amba (S3)
Hydro Active 2 7.45-8.25am Angie (SP)	INSANITY 7.00-7.30am Nicki (MH)	Spin 7.30-8.00am Claire V (SS)	Deep Water Aqua 7.30-8.25am Anissa (MP)	Spin 7.30-8.00am Lisa (SS)	BodyCombat 9.00-9.55am Sophie (S1)	Spin 9.00-9.30am Rebecca (SS)
Hydro Active 2 8.30-9.10am Angie (SP)	Aqua Circuits 7.45-8.25am Angie (SP)	Aqua Fit 7.45-8.25am Naomi Be (SP)	Hydro Active 2 8.30-9.10am Tina (SP)	Deep Water Aqua 8.00-8.55am Anissa (MP)	PiYo 9.00-9.30am Nicki (S3)	BodyPump 9.00-9.55am Antia (S1)
Hydro Active 2 9.15-9.55am Naomi Be (SP)	Hydro Active 2 8.30-9.10am Angie (SP)	Pilates 8.15-9.10am Claire V (S3)	Hydro Active 2 9.15-9.55am Tina (SP)	Vinyasa Yoga 8.00-9.15am Rachel (S3)	Spin 9.50-10.20am Lou C/Lou H (SS)	PiYo 9.00-9.55am Nicki/Emma S (S2)
BodyBalance 9.15-10.10am Laura J (S3)	Senior Pilates 9.00-9.55am Michelle C (S4)	Hydro Active 2 8.30-9.10am Naomi Be (SP)	Trampoline 9.15-10.00am Ella (MH)	Hydro Active 2 8.30-9.10am Cathy (SP)	Core 10.00-10.30am Gym Team (G)	Spin 9.35-10.20am Rebecca (SS)
Nice & Easy 9.20-10.15am Kerry M (S1)	Hydro Active 2 9.15-9.55am Cathy (SP)	Spin 9.15-9.45am Lou (SS)	Pilates 9.15-10.10am Cat (S4)	Hydro Active 2 9.15-9.55am Cathy (SP)	Spin 10.30-11.15am Elliot (SS)	Circuits 10.00-10.55am Paula (S1)
Legs, Bums & Tums 9.25-10.15am Jo B (MH)	BodyPump 9.15-10.10am Jo L (S1)	Hydro Active 2 9.15-9.55am Angie (SP)	Ashtanga Yoga 9.15-10.30am Zoe (S3)	Athletic Conditioning 9.15-10.10am Adrian (S1)	BodyPump 11.05-12.00pm Tony (S1)	BodyBalance 10.00-10.55am Anita (S3)
Spin 9.30-10.00am Will (SS)	Ashtanga Yoga 9.15-10.30am Zoe (S3)	Metafit 9.15-10.00am Phil (S1)	BodyAttack 9.25-10.20am Naomi BI (S1)	BodyBalance 9.20-10.15am Laura J (S3)	Metafit 11.30-12.00pm Elliot (S2)	Legs, Bums & Tums 11.00-11.55am Paula (S1)
Ashtanga Vinyasa Yoga 9.30-11.00am Vanessa (S4)	Spin 9.30-10.00am Claire V (SS)	Zumba* 9.15-10.00am Gina (MH)	Spin 9.30-10.00am Gina (SS)	Spin 9.30-10.15am Laura Q (SS)	Yoga 11.30-1.00pm Rachel (S3)	
Core 10.00-10.30am Gym Team (G)	Running Group 9.30-10.30am Heather (MR)	Pilates Power 9.25-9.55am Viv (S3)	Easy Circuits 9.30-10.25am Kerry M (MH)	Core 10.15-10.45am Gym Team (G)	BodyPump 12.05-1.00pm Tony (S1)	
Spin 10.05-10.35am Will (SS)	Core 10.00-10.30am Gym Team (G)	Spin 9.50-10.20am Lou (SS)	Running Group 9.30-10.30am Heather (MR)	Body Conditioning 10.15-11.10am Claire C (S1)		Hatha Yoga 5.00-6.30pm Diane (S3)
BodyBalance 10.15-11.10am Laura J (S3)	Hydro 1 10.00-10.40am Cathy (SP)	Core 10.00-10.30am Gym Team (G)	Core 10.00-10.30am Gym Team (G)	Pilates 10.20-11.15am Viv (S3)		
Clubbercise 10.20-11.15am Jo B (S1)	Senior Pilates 10.00-10.55am Michelle C (S4)	Aqua Fit 10.00-10.45am Angie (SP)	Hydro Active 1 10.00-10.40am Tina (SP)	Beginners Spin 10.30-11.00am Laura Q (SS)		
PLAY* 10.30-11.00am Gym Team (G)	Spin 10.05-10.35am Claire V (SS)	Pilates* 10.00-10.55am Yolanda (S3)	Spin 10.05-10.35am Gina (SS)	Deep Water Aqua 10.45-11.40am Clive (MP)		
Beginners Spin 10.45-11.15am Kaspar (SS)	BodyCombat 10.20-11.15am Jo L (S1)	BodyPump 10.30-11.25am Tony (S1)	Metafit 10.30-11.00am Adrian (S1)	Well Fit* 11.20-12.15pm Michelle B (S1)		
Pilates 11.20-12.15pm Kasper (S3)	Pilates 10.35-11.30am Viv (S3)	Mum & Baby Yoga 10.30-11.25am Michelle G (S4)	Pilates 10.35-11.30am Cat (S3)	Pilates 11.20-12.15pm Viv (S3)		
BodyPump 11.20-12.15pm Candi (S1)	Deep Water Aqua # 10.45-11.40am Anissa (MP)	Aqua Fit # 10.45-11.30am Angie (SP)	Aqua Natal # 10.45-11.40am Gina (SP)	Hydro Active 2# 11.45-12.25pm Angie (SP)		
Hydro Active 2# 11.45-12.25pm Angie (SP)	Stretch & Relax 11.00-11.55am Michelle C (S4)	Deep Water Aqua 10.45-11.40am Gina (MP)	Core 11.05-11.30am Adrian (S1)	Stretch & Mobilise 12.25-1.20pm Naomi Be (S3)		
Pilates 12.20-1.15pm Kasper (S3)	BodyBalance 11.20-12.15pm Jo L (S1)	Pilates 11.00-11.55am Yolanda (S3)	Pilates 11.35-12.30pm Michelle C (S3)	Spin 1.00-1.30pm Rebecca (SS)		
Metafit 12.25-12.55pm Taylor (S1)	Pilates 11.35-12.30pm Viv (S3)	Core 11.30-11.55am Tony (S1)	Beginners Spin 12.15-12.45pm Lou H (SS)	GRIT Strength 1.00-1.30pm Nicci (S1)		
Health Circuits 12.45-1.30pm Gina (S2)	Ashtanga Yoga 12.00-1.30pm Rachel (S4)	Well Fit* 12.00-12.55pm Irena (S1)	Pilates Power 12.25-12.55pm Viv (S1)	PLAY 1.00-1.30pm Gym Team (G)		
Spin 1.00-1.30pm Will (SS)	Hatha Yoga 12.35-2.05pm Ellie (S3)	Pilates 12.00-12.55pm Claire V (S3)	Pilates 12.35-1.30pm Michelle C (S3)	Hatha Yoga 1.30-2.45pm Ellie (S3)		
Zumba 1.00-1.55pm Jodi (S1)	GRIT Strength 1.00-1.30pm Ruth (S1)	GRIT Cardio 1.00-1.30pm Nicci (S1)	Health Circuits 12.45-1.40pm Irena (S2)			

Class Categories

- Dance
- High Energy
- Indoor Cycling
- Mind & Body
- Strength & Conditioning
- Water Workout
- Low Impact
- # Term Time Only
- * Included in Wellness Morning

- S1 Studio 1
- S2 Studio 2
- S3 Studio 3
- S4 Studio 4
- SS Spin Studio
- G Gym
- SP Splash Pool
- MP Main Pool
- MH Main Hall
- MR Main Reception

LittleDown Class Timetable continued

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Yoga 1.30-2.45pm James (S3)	Spin 1.00-1.30pm Lou H (SS)	Spin 1.00-1.30pm Lucy (SS)	GRIT Athletic 1.00-1.30pm Holly (S1)			
	Health Circuits 1.00-1.55pm Irena (S2)	Hatha Yoga 1.00-1.55pm Irena (S3)	Post Baby Tone # 1.35-2.20pm Gina (S1)			
	Well Fit 2.00-2.55pm Michelle B (S1)	Chair Yoga 2.15-3.00pm Irena (S3)	Iyengar Yoga 1.35-2.50pm Marcelle (S3)			
			Health Circuits 1.45-2.40pm Irena (S2)			
Legs, Bums & Tums 5.30-6.25pm Alison (S1)	Core 5.30-5.55pm Cat (S2)	Spin 5.30-6.00pm Rebecca (SS)	Spin 5.25-5.55pm Jo B (SS)	Spin 5.30-6.00pm Taylor (SS)		
Pilates Power 5.40-6.25pm Claire V (S3)	Spin 5.30-6.00pm Elliot (SS)	Body Conditioning 5.30-6.25pm Jodi (S1)	Core 5.30-5.55pm Adrian (S1)	BodyPump 5.30-6.25pm Molly S (S1)		
Spin 5.45-6.30pm Taylor (SS)	Step 5.30-6.25pm Alison (S1)	Metafit 6.00-6.30pm Tony (MH)	Circuits 6.00-6.55pm Adrian (MH)	Legs, Bums & Tums 5.30-6.25pm Sue B (S2)		
BodyPump 6.30-7.25pm Tony (S1)	Circuits 6.00-6.55pm Adrian (MH)	BodyBalance 6.00-6.55pm Laura J (S3)	Dance Mix 6.00-6.55pm Jason (S2)	BodyBalance 5.30-6.25pm Laura J (S4)		
BodyBalance 6.30-7.25pm Anita (S3)	BodyBalance 6.00-6.55pm Cat (S3)	Spin 6.05-6.50pm Rebecca (SS)	Body Conditioning 6.00-6.55pm Jo B (S1)	Ashtanga Yoga 6.00-7.30pm Araxy (S3)		
Pilates 6.30-7.25pm Claire V (S4)	Legs, Bums & Tums 6.00-6.55pm Sarah (S2)	BodyPump 6.30-7.25pm Sue A (S1)	Spin 6.15-7.00pm TBC (SS)	Spin 6.05-6.35pm Taylor (SS)		
Spin 6.35-7.05pm Taylor (SS)	Spin 6.05-6.35pm Elliot (SS)	Circuits 6.35-7.30pm Tony (MH)	Metafit 7.00-7.30pm Sue B (MH)	BodyPump 6.30-7.25pm Molly C (S1)		
Athletic Conditioning 7.00-7.50pm Adrian (MH)	BodyPump 6.30-7.25pm Kerry C (S1)	Spin 7.00-7.45pm Lou C (SS)	BodyBalance 7.00-7.55pm Nicola (S2)	Spin 6.40-7.10pm Taylor (SS)		
Spin 7.10-7.40pm Taylor (SS)	Back Care 6.30-7.25pm Irena (S4)	Boxercise 7.05-8.00pm Rebecca (S3)	Fitness Yoga 7.00-7.55pm Sarah (S3)	Aqua Fit 6.50-7.30pm Clive (SP)		
Aqua Fit 7.15-8.00pm Clive (SP)	Spin 6.40-7.25pm Sue B (SS)	Ashtanga Mysore Yoga 7.05-8.20pm Joy (S4)	Antenatal Yoga 7.00-7.55pm Michelle G (S4)	Clubbercise 7.30-8.25pm Emma C (S2)		
Ashtanga Yoga 7.30-8.25pm Victoria (S3)	BodyCombat 7.00-7.55pm Candi (MH)	Aqua Fit 7.15-8.00pm Clive (SP)	Spin 7.05-7.35pm Jason (SS)			
BodyBalance 7.30-8.25pm Anita (S4)	Zumba 7.00-7.55pm Cat (S2)	Core 7.30-7.55pm Tony (MH)	BodyCombat 7.35-8.30pm Neale (MH)			
BodyPump 7.30-8.25pm Marie (S1)	PiYo 7.05-8.00pm Adrian (S3)	Legs, Bums & Tums 7.30-8.15pm Sue A (S1)	Pilates 8.00-8.55pm Kamu (S3)			
Spin 7.45-8.30pm Tony (SS)	Metafit 7.30-8.00pm Sue B (S1)	Aqua Fit 8.05-8.50pm Clive (SP)				
Circuits 8.00-8.55pm Adrian (MH)	Pilates 7.30-8.25pm Mel (S4)	Hatha Yoga 8.15-9.30pm Alice (S3)				
Aqua Fit 8.05-8.50pm Clive (SP)	Beginners Circuits 8.00-8.55pm Candi (MH)	BodyBalance 8.20-9.15pm Sue A (S1)				
Ashtanga Yoga 8.35-9.30pm Victoria (S3)	BodyAttack 8.00-8.55pm Matt (S1)					
Pilates 8.35-9.30pm Mandy (S1)	Ashtanga Yoga 8.10-9.25pm Araxy (S3)					

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