

Mountbatten Class Timetable

Tuesday 23 April - Sunday 30 June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
INSANITY 6.30-7.00am Emma (S)	GRIT Series 6.30-7.00am Nicola (S)	P90X 6.30-6.55am Emma (S)	GRIT Series 6.30-7.00am Nicola (S)	GRIT Series 6.30-7.00am Stephanie (S)	Ashtanga Yoga 8.00-8.55am Karen (S)	PULSE 8.30-9.00am Gym Team (G)
P90X 7.00-7.30am Emma (S)	POWER 6.30-7.00am Gym Team (G)	INSANITY 7.00-7.30am Emma (S)	PRIMAL 6.30-7.00am Gym Team (G)	POWER 7.00-7.30am Gym Team (G)	PLAY 8.30-9.00am Gym Team (G)	INSANITY 9.00-9.30pm Emma (S)
Spin 9.00-9.30am Sarah (SS)	BodyPump 7.05-7.50am Nicola (S)	Yoga 7.30-8.30am Frederika (S)	CXWORX 7.05-7.30am Nicola (S)	Spin 7.00-7.30am Jessica (SS)	BodyAttack 9.00-9.55am Lucy (S)	BodyCombat 9.35-10.30am Lucy/Tammy (S)
Booty Build 9.00-9.45am Gym Team (G)	Ashtanga Yoga 9.00-9.55am Karen (S)	Spin 9.30-10.00am Charlotte (SS)	BodyCombat 9.10-10.00am Tammy (S)	PiYo 9.00-9.55am Kate (S)	Spin 9.30-10.00am Declan (SS)	BodyPump 10.30-11.30am Lucy/Tammy (S)
BodyPump 9.30-10.30am Charlotte (S)	Group Cycling 10.00-10.45am Jessica (SS)	PULSE 10.00-10.30am Gym Team (G)	Zumba 10.00-10.55am Kate (MH)	Spin 9.30-10.00am Sarah (SS)	Shefit 10.00-10.55am Declan (S)	
Core 10.00-10.30am Gym Team (G)	COPD Maintenance 10.00-10.55am Emma (MH)	Body Conditioning 10.00-10.55am Kate (MH)	BodyPump 10.05-11.05am Tammy (S)	Aerobics 10.00-10.55am Lisa (MH)	Sh'Bam 11.00-11.45am Oakley (S)	
Zumba 10.00-10.55am Jodi (MH)	Yoga 10.00-10.55am Audrey (S)	Aqua Zumba 11.00-11.45am Yuliya (P)	Pilates 11.05-12.00pm Sarah (FS)	Yoga 10.00-10.55am Carla (S)		
Pilates 10.45-11.45am Elena (S)	PRIMAL 10.30-11.00am Gym Team (G)	BodyBalance 11.00-11.55am Kate (S)	Low Impact Circuits 12.00-12.55pm Emma (G)	Sh'Bam 11.00-11.45am Oakley (MH)		
Kettlebells 11.30-12.00pm Gym Team (G)	Sh'Bam 11.00-11.45am Oakley (MH)	CXWORX 12.00-12.30pm Yuliya (S)	Aqua Circuits 12.15-1.00pm Sarah (P)	COPD Maintenance 11.00-12.00pm Emma (MH)		
Yoga 11.45-12.45pm Carla (S)	Stroke Swim 11.00-11.55am Claire (P)	Chair Exercises 2.00-3.00pm GP Team (S)	GRIT Series 5.30-6.00pm Declan (S)	Aqua Fit 12.00-12.45pm Tayshia (P)		
Aqua Fit 12.00-12.45pm Sarah (P)	Aqua Fit 12.00-12.45pm Tayshia (P)	Spin 5.30-6.00pm Declan (SS)	Spin 6.00-6.45pm Leanne (SS)	Pilates 2.00-3.00pm Elena (S)		
GP Aqua Fit 2.30-3.30pm Sarah (P)	Fitball 5.15-6.10pm Sarah (S)	POWER 6.00-6.30pm Gym Team (G)	BodyPump 6.05-7.00pm Keeley (S)	GP Aqua Fit 2.30-3.30pm Sarah (P)		
GRIT Series 5.15-5.45pm Nicola (S)	Spin 5.30-6.15pm Amelia (SS)	BodyCombat 6.00-6.55pm Bianca (MH)	Circuits 6.10-6.55pm Declan (MH)	PULSE 6.00-6.30pm Gym Team (G)		
POWER 5.30-6.00pm Gym Team (G)	Circuits 6.00-6.55pm Tom (MH)	BodyPump 6.00-6.55pm Sarah (S)	BodyCombat 7.05-8.00pm Nicola (MH)	BodyPump 6.00-6.55pm Tammy/Danielle (S)		
Spin 5.30-6.15pm Leanne (SS)	Booty Build 6.15-7.00pm Amelia (S)	On The Edge Spin 6.15-7.00pm Scott (SS)	Kundalini Yoga 7.00-8.30pm Jean (S)	BodyBalance 7.00-8.00pm Marci (S)		
Zumba 6.00-6.55pm Kate (MH)	Shefit 7.00-7.55pm Amelia (S)	BodyAttack 7.00-7.55pm Lucy (S)	Aqua Fit 7.00-8.00pm Lesley (P)			
BodyPump 6.00-7.00pm Nicola (S)	BodyCombat 7.00-8.00pm Tammy (MH)	Legs, Bums & Tums 7.00-7.55pm Lisa (MH)	BodyBalance 8.00-9.00pm Frederika (S)			
BodyCombat 7.05-8.00pm Nicola (S)	BodyBalance 8.00-9.00pm Marci (S)	Aqua Fit 7.00-8.00pm Ziggy (P)				
Box Fit 7.00-8.00pm Martin (MH)						
Aqua Zumba 8.00-9.00pm Yuliya (P)						
Yoga 8.00-9.00pm Frederika (S)						

Class Categories

- Dance
- High Energy
- Indoor Cycling
- Mind & Body
- Strength & Conditioning
- Water Workout
- Low Impact

S studio
 SS spin studio
 MH main hall
 G gym
 P pool
 FS function suite