

Fitness Class Timetable

October 2020

	6.45am	7.45am	8.45am	9.45am	10.45am	11.45am	4.15pm	5.15pm	6.15pm	7.15pm	8.15pm	9.15pm
MONDAY	G.CYCLING (Debbie)	KETTLEBELLS (Debbie)	LIVE BODY CONDITIONING (Debbie)	PILATES (Debbie)	LIVE AW FITNESS (Debbie)	AW ACTIVITY	-	LIVE CIRCUITS (Rachel)	G.CYCLING (Rachel)	G.CYCLING (Rachel)	BADMINTON	BADMINTON
TUESDAY	G.CYCLING (Debbie)	G.CYCLING (Debbie)	LIVE BARRE (Ally)	LIVE PILATES (Ally)	AW FITNESS (Ally)	AQUA FIT (Ally) New class	-	BODY CONDITIONING (Debbie)	LIVE PILATES (Debbie)	YOGA (Debbie)	BADMINTON	BADMINTON
WEDNESDAY	FITNESS YOGA (Ally)	LIVE HARD CORE (Ally)	AEROBICS CARDIO DANCE (Ally) New class	PILATES (Ally)	LIVE AW FITNESS (Ally)	WALKING NETBALL (Ally)	-	CIRCUITS (Iris)	LIVE Legs,Bums&Tums (LU)	DANCE FIT (LU)	BADMINTON	BADMINTON
THURSDAY	LIVE YOGA (Debbie)	KETTLEBELLS (Debbie)	CARDIO DANCE (Debbie)	LIVE PILATES (Ally)	PILATES (Ally)	AQUA FIT (Rachel Heath) New class starting 22 nd October	-	ZUMBA (Ally) New class	LIVE HARD CORE (Ally)	FITNESS YOGA (Ally)	BADMINTON	BADMINTON
FRIDAY	G.CYCLING (Rachel)	G.CYCLING (Rachel)	LIVE TABATA PILATES (Rachel)	YOGA (Sam Neal)	YOGA (Sam Neal)	AW ACTIVITY	-	STEP AEROBICS (Rachel) New time	CIRCUITS (LU) New instructor &time	LIVE DANCE FIT (LU) New class	BADMINTON	BADMINTON

	7.45am	9.15am	10.15am	11.15am	12.15pm	1.15pm
SATURDAY	G.CYCLING (Debbie)	INTERVAL TRAINING (Nicole)	HIRE	HIRE	BADMINTON	BADMINTON
SUNDAY		INTERVAL TRAINING (Nicole)	HIRE	HIRE	BADMINTON	BADMINTON

Late updated 19/10/2020

