

FITNESS CLASSES

3 AUGUST – 27 SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFF-PEAK	SPINNING 08:10-08:55 PR HALL	TABOXING 07:30-08:20 CD HALL	SPINNING 07:30-08:15 VE HALL	GRIT 08:00-08:30 CS HALL	BODY COMBAT 08:00-08:45 VIRTUAL	BODY COMBAT 08:00-08:45 VIRTUAL
	HIIT PILATES 09:30-10:15 NWH DING	CX WORX 09:00-09:30 VIRTUAL	ABSOLUTION 09:00-09:30 IS HALL	BODY BALANCE 08:45-09:40 CS HALL	SPINNING 09:00-09:30 IS HALL	CX WORX 10:00-10:30 VIRTUAL
	GRIT 12:00-12:30 CS HALL	BODY COMBAT 12:00-12:45 VIRTUAL	YOGA FIT 09:30-10:15 NWH DING	BODY CONDITIONING 12:10-12:55 MC HALL	TUMS, BUMS & THIGHS 12:00-12:45 CS HALL	BODY BALANCE 10:45-11:30 VIRTUAL
	CX WORX 12:45-13:15 VIRTUAL	BODY BALANCE 13:00-13:55 NW HALL	TUMS, BUMS & THIGHS 12:00-12:50 CS HALL	BODY COMBAT 12:40-13:25 VIRTUAL	HIIT & ABS 13:00-13:40 MC HALL	
	TUMS, BUMS & THIGHS 13:10-14:00 MC HALL	HIIT & ABS 14:10-14:55 MC HALL	CX WORX 12:30-13:00 VIRTUAL	SPINNING 13:15-14:00 JP HALL	CX WORX 14:30-15:00 VIRTUAL	SUNDAY
			BODY BALANCE 13:10-14:10 CS HALL			BODY BALANCE 10:45-11:30 VIRTUAL
						GRIT 11:45-12:15 VIRTUAL
ON-PEAK	BODY BALANCE 17:30-18:30 NW HALL	TUMS, BUMS & THIGHS 17:00-17:45 CS HALL	AEROBICS & ABS 17:15-17:45 JA HALL	ZUMBA 17:00-17:45 IS HALL	BODY BALANCE 17:30-18:15 VIRTUAL	INSTRUCTORS
	BODY COMBAT 18:00-18:45 VIRTUAL	GRIT 17:35-18:05 VIRTUAL	BODY BALANCE 18:00-18:45 VIRTUAL	CX WORX 17:35-18:05 VIRTUAL	GRIT 18:00-18:30 CS HALL	CD - Craig Dark CS - Charlotte Spencer IS - Ivett Sebestyen JP - Jo Pirrie MC - Marcia Coles NW - Natascha Wolf NWH - Nicki White PR - Paul Reay PW - Paula Whatman VE - Vanessa Edgell VIRTUAL - Online trainer (B) = Beginners (I) = Improvers
		SPINNING 18:00-18:30 IS HALL				
<p>LOCATIONS VIRTUAL = Studio 1, 1st floor Indoor Sports Centre HALL = Sports Hall, 2nd floor Indoor Sports Centre DING = Coombe Dingle Sports Complex</p>						<p>Scan here to book!</p> 