

Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am-8.00am Pirate Spinning Tony All Levels	7.15am-7.55am Wake Up Workout Jake All Levels	7.15am-7.55am Boxercise Pete All Levels		7.15am-7.55am Wake Up Workout Weights		
9.35am-10.25am Power Step Claire All Levels	9.15am-10.15am Body Combat Lee All Levels	9.30am-10.25am Body Balance Nat All Levels	9.30am-10.15am Pirate Spinning Nat All Levels	9.35am-10.30am Body Attack Nat Intermediate	9.35am-10.30am Body Attack Jo Intermediate	9.45am-10.30am Pirate Spinning Ruth All Levels
10.30-11.20am Body Balance Nat All Levels			10.20am-11.20am Body Pump Nat All Levels		10.35am-11.30am Body Pump Jo All Levels	10.35am-11.35am Body Pump Nat All Levels
12.00pm-1.00pm Zumba*** George All Levels		12.15pm-1.15pm Body Pump Nat All Levels		12.15pm-1.15pm Zumba Hender All Levels		
2.30pm-4.30pm Teen Gym Under 16	2.30pm-4.30pm Teen Gym Under 16	2.30pm-4.30pm Teen Gym Under 16	2.30pm-4.30pm Teen Gym Under 16	2.30pm-4.30pm Teen Gym Under 16		
6.30pm-7.25pm Pirate Spinning Curtis All Levels	6.00pm-6.55pm Body Pump Kieran All Levels					
6.30pm-7.00pm Power Circuit James Intermediate	7.00pm-7.55pm Pirate Spinning All Levels	6.30pm-7.25pm Body Attack Nat Intermediate	6.00pm-6.55pm Body Combat Lee All Levels	6.00pm-6.55pm Pirate Spinning Ruth All Levels		
7.05pm-7.30pm Ab Attack James Intermediate	7.00pm-7.55pm Body Balance Nat All Levels	7.30pm-8.25pm Pirate Spinning All Levels	6.30pm-7.25pm Pirate Spinning Pete All Levels	6.30pm-7.30pm Zumba Emma All Levels (starting 23rd March)		
7.30pm-8.30pm Body Pump Emma All Levels	8.00pm-9.00pm Pole Dancing Course	7.30pm-8.30pm Zumba Emma All Levels	7.05pm-8.00pm Power Circuit Lee All Levels			