



Health & fitness suite

Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30 Pilates Schani	10:00 - 10:45 Legs Bums Tums Sam	9:30 - 10:15 Body Balance Coming Soon	10:00 - 11:00 Body Pump Clara	8:30 - 9:15 Body Pump Sam	9:30 - 10:15 Spin Clara	
	10:45 - 11:30 Aerobics Sam	10:15 - 11:00 Full Body Workout Sam		10:00 - 11:00 Line Dancing Lynn	10:15 - 11:00 Body Pump Clara	
12:45 - 1:15 Legs Bums Tums Sam	2:00 - 2:45 Chair Based Movement Coming Soon	2:00 - 2:45 Body Pump Sam	2:00 - 2:45 Mature movers Sam	11:00 - 11:45 Beginners Step/Aerobics Sam		
6:00 - 6:45 Aerobics Sam	5:30 - 6:10 Punch '2' Fitness Sam	5:30 - 6:00 Legs Bums Tums Sam	5:45 - 6:30 Beginners Step & Aerobics Sam	2:00 - 2:45 Body Balance Coming Soon		
6:45 - 7:30 Full Body Workout Sam	6:10 - 7:00 Express Body Pump Sam	6:00 - 7:00 Step & Tone Sam	6:30 - 7:30 Body Pump Sam	5:30 - 6:00 Express Body Pump Clara		
7:30 - 8:15 Body Balance Coming Soon	7:00 - 8:00 Belly Dancing Specialist Class	7:00 - 8:15 Pilates Specialist Class	7:30 - 8:30 Jazz Dance Exercise Class Specialist Class			

Spin Timetable

Monday	Tuesday	Wednesday	Thursday	Friday		
	9:15 - 10:00 Keiser Soin Clara					
10:00 - 11:00 Spin Blast Clara		11:00 - 11:45 Spin & Tone Sam		9:30 - 10:00 Easy Spin Sam		
2:00 - 2:30 Easy Spin Sam	1:00 - 1:30 Spin Blast Sam	1:30 - 2:00 Easy Spin Sam	12:15 - 12:45 Spin Clara	2:00 - 2:30 Spin Blast Clara		
	5:30 - 6:15 Spin Clara		5:15 - 5:45 Spin Blast Sam			
6:00 - 6:30 Spin Blast Clara	7:00 - 7:30 Spin Sam	5:00 - 5:30 Easy Spin Sam	7:30 - 8:00 Easy Spin Sam	5:00 - 5:30 Spin Blast Clara		

To participate in any classes please book
at reception or call 01332 525484