



# NEW AGE FITNESS

**CLASS TIMETABLE**  
[www.newagefitness.co.uk](http://www.newagefitness.co.uk)  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin 6:15am-7am Jim	Circuits 6:15am-7:15am Jim	Body Pump 6:15am-7am Audrey	Circuits 6:15am-7:15am Jim	Spin 6:15am-7am Sean	Les Mills GRIT 8:25am-8:55am Tracey	Body Pump 10am-11am Helen
HIIT 9:30am-10am David	Queenax 9:30am-10am Nikki M	Spin 6:15am-7am Ross	Body Attack 9:30am-10:30am Karen	Body Combat 6:15am-7am Tracey	Body Combat 9am-10am Tracey	Yoga 12:30pm-1:30pm Audrey
Body Pump 10am-11am Jan	Yoga 10am-11am Cat	Body Combat 9:30am-10:15am Tracey	Yoga 10:30am-11:30am Cat	Legs, Bums & Tums 7am-7:30am Nikki C	Spin 10am-10:45am Ross	
Bleep Test/Health Check 12am-12:30pm Fitness Staff	Queenax 12:30pm-1pm Fitness Staff	Spin 12:30pm-1pm Nikki C	Circuits 12:30pm-1pm Fitness Staff	Metafit 9:30am-10am Karen	Body Pump 10am-11am Jayne	
Body Pump 5:45pm-6:30pm Jayne	Beginners Spin 5pm-5:30pm David	Queenax 5:30pm-6pm Fitness Staff	Spin 5:30pm-6:15pm Mark	Circuits 10.20am-11.20am Rhona	Thai Boxing 11:15am-12:15pm Denise	
Spin 6pm-7pm Steven	Les Mills GRIT 5:25pm-5:55pm Karen	Legs, Bums & Tums 6:15pm-7pm Nikki C	Les Mills GRIT 5:45pm-6:15pm Tracey	Queenax 12:30pm-1pm Fitness Staff		
Body Attack 6:30pm-7:15pm Jayne	Body Pump 6pm-7pm Ashleigh	Spin 6:30pm-7:15pm Rhona	Body Pump 6:20pm-7:20pm Ashleigh	Circuits 5pm-6pm Mark		
Metafit 7:30pm-8pm Audrey	Spin 7pm-7:45pm Nikki C	Body Attack 7pm-7:45pm Jayne	Thai Boxing 7:30pm-8:30pm Denise	Yoga 6:15pm-7pm Margaret-Rose		
Spin 7:15pm-8pm Sean	Body Combat 7:05pm-8:05pm Tracey	Yoga 8pm-9pm Audrey	Queenax 7:30pm-8pm Fitness Staff			
Balance 8pm-9pm Audrey	Legs, Bums & Tums 8:05pm-9pm Nikki C					
Queenax 8pm-8:30pm Fitness Staff						

**Interval**



**Cardio**

**Strength**



**Mind / Body**