

# 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	Spin 6:15am-7am Ross	Circuits 6:15am-7:15am Jim	Spin 6:15am-7am Sean	Les Mills GRIT 8:25am-8:55am Tracey	Body Pump 10am-11am Jayne
Les Mills GRIT 9:25am-9:55am Karen	Spin 6:15am-7am Mark	Box Fit 9:30am-10:15am David	Body Attack 9:30am-10:30am Karen	Metafit 9:30am-10am Karen	Body Combat 9am-9:45am Tracey	Yoga 12:30pm-1:30pm Audrey
Body Pump 10am-11am Jan	Queenax 9:20am-10am Steven K	Legs, Bums & Tums 12:30pm-1pm Nikki	Yoga 10:45am-11:45am Cat	Circuits 10.10am-11.10am Rhona	Spin 10am-10:45am Ross	
Body Pump 5:25pm-6:10pm Jayne	Yoga 10am-11am Cat	Beginners Spin 5:20pm-5:50pm David	Spin 12:30pm-1pm Steven M	Circuits 5pm-6pm Mark	Body Pump 10am-11am Helen	
Spin 6pm-7pm Steven M	Queenax 12:30pm-1pm Steven K	FatBurn Extreme 5.30pm-6pm Samantha	Spin 5:30pm-6:15pm Mark	Yoga 6:15pm-7pm Ruth	Thai Boxing 11:15am-12:15pm Denise	
Body Attack 6:15pm-7pm Jayne	Beginners Spin 5pm-5:30pm David	Body Attack 6.15pm-7pm Jayne	Body Combat 5:30pm-6:15pm Tracey			
Spin 7.15pm-8pm Sean	Les Mills GRIT 5:25pm-5:55pm Karen	Spin 7pm-7:45pm Ashley	Body Pump 6:20pm-7:20pm Ashleigh			
Body Pump 7:10pm-7:55pm Audrey	Body Pump 6pm-7pm Ashleigh	Beginners Kettlebells 7:00pm-7:30pm Jim	Thai Boxing 7:30pm-8:15pm Denise			
Balance 8:15pm-9:15pm Audrey	Spin 7pm-7:45pm Steven	Kettlebells 7:30pm-8pm Jim	Queenax 8pm-8:30pm Steven K			
Queenax 8:30pm-9pm Fitness Staff	Body Combat 7:05pm-8:05pm Tracey	Yoga 8pm-9pm Audrey				
	Legs, Bums & Tums 8:05pm-8:35pm Laura					

**Interval**

**Cardio**

**Strength**

**Mind / Body**