

# CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	6:00 - 12:00	6:15-7:00 Spin (Jim)	6:05-6:35 HIIT (Jim)	6:15-7:00 Spin (Louise)	6:05-6:35 HIIT (Jim)	6:15-7:00 Spin (Fiona)	8:15-8:45 GRIT (Tracey)	10:00-11:00 Body Pump (Helen)
		9:30-10:15 Body Pump (Karen)	6:45-7:15 HIIT (Jim)	9:30-10:00 LBT (Louise)	6:45-7:15 HIIT (Jim)	9:30-10:00 Metafit (Karen)	8:55-9:55 Body Combat (Tracey)	
			10:00-11:00 Yoga (Cat)		9:30-10:00 Spin (Heather)		9:30-10:15 Spin (Nikki)	
					10:30-11:30 Yoga (Cat)			
<b>DAYTIME</b>	12:00 - 17:00	12:30-1:00 HIIT (Rhona)	12:30-1:00 Full Body Blast (Logan)	12:30-1:00 Spin (Heather)	12:30-1:00 HIIT (Louise)	12:30-1:00 Spin (Rhona)		12:30-1:30 Yoga (Audrey)
<b>EVENING</b>	17:00 - 21:00	17:30-18:15 Spin (John)	17:00-17:30 HIIT Step (Jen)	17:30-18:00 HIIT (Logan)	17:15-18:00 Spin (Logan)			
		17:45-18:30 Body Pump (Jayne)	17:15-17:45 Spin (Jim)	18:10-18:55 LBT (Nikki)	17:45-18:15 GRIT (Tracey)			
		18:45-19:30 Spin (Nikki)	17:45-18:45 Body Pump (Jayne)	18:30-19:15 Spin (Rhona)	18:30-19:30 Body Pump (Lynsey)			
		18:50-19:20 Metafit (Audrey)	18:30-19:15 Spin (Stacey)	19:05-19:50 Body Attack (Jayne)				
		19:35-20:35 Balance (Audrey)	19:10- 19:55 Body Combat (Tracey)	20:00-21:00 Yoga (Audrey)				
			20:05-20:50 LBT (Heather)					

- INTERVAL
- STRENGTH
- CARDIO
- MIND & BODY

