

Studio Timetable

Monday	10:00-10:45	Spinning	James	
	12:15-13:00	Legs, Bums, Tums		Jenny
	13:00-13:45	Legs, Bums, Tums		Jenny
	14:00-14:45	Aqua	Alison	
	17:30-18:15	Pilates	Jo	
	18:30-19:15	Body Conditioning	Jenny	
Tuesday	10:00-11:00	Yoga	Nicole	
	11:30-12:15	Aqua	Alison	
	14:00-15:00	Pilates	Sarah	
	18:15-19:00	Legs, Bums, Tums		Alison
	19:30-20:30	Yoga	Jemma	
Wednesday	10:00-10:45	Spinning	James	
	11:00-11:45	Aerobics	Karen	
	12:00-12:45	Water Impact	Alison	
	17:30-18:15	Body Tone	Karen	
	18:20-19:05	Yoga	Helen	
Thursday	09:45-10:45	Yoga	Julia	
	10:45-11:45	Yoga	Julia	
	10:30-11:15	Aqua	Alison	
	13:00-14:00	Pilates	Sarah	
	14:30-15:15	Stretch & Tone	Jenny	
	19:00-20:00	Yoga	Julia	
Friday	07.15-0800	Aqua	Aliso	
	10:00-10:45	Jazz Aerobics	Emma	
	11:00-11:45	Top to Toe Conditioning	Alison	
Saturday	09:00-09:45	Spinning	Gideon	
	11:00-11:45	Pilates /Core & Stretch	Jo /Annie	
Sunday	09:00-09:45	Spinning	Daniel	