

## Classes Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 – 10:30 <b>Tone &amp; Strength</b> Catherine	09:30 – 10:30 <b>Body Conditioning</b> Grace	09:30 – 10:30 <b>LBT</b> Mel	09:30 – 10:30 <small>LES MILLS</small> <b>Body Balance</b> Betsy	09:15 – 10:15 <b>A.B.C</b> Mel	09:00 – 10:00 <b>Zumba</b> Mel	
	10:30 – 11:30 <b>Pilates</b> Grace				10:00 – 10:45 <b>Cardio Strength</b> Mel	10:00 – 11:00 <b>20/20/20</b> Lisa
	17:45 – 18:30 <b>Circuits</b> Simon					
17:45 – 18:30 <b>Ab Attack</b> Mel	18:30 – 19:30 (Function Room) <b>Pilates</b> Jessica	18:00 – 19:00 <b>Zumba</b> Mel	17:50 – 18:35 <small>LES MILLS</small> <b>Body Combat</b> Kirsty	18:00 – 18:45 <b>Tabata</b> Simon		
18:30 – 19:30 <small>LES MILLS</small> <b>Body Combat</b> Shane	18:35 – 19:20 <small>LES MILLS</small> <b>Body Pump</b> Sally	19:15 – 20:15 <small>LES MILLS</small> <b>Body Balance</b> Betsy	18:40 – 19:40 <small>LES MILLS</small> <b>Body Pump</b> Kirsty			
19:30 – 20:45 <b>Yoga</b> Claire	19:25 – 20:10 <small>LES MILLS</small> <b>Body Combat</b> Sally					