

# STUDIO TIMETABLE

| Monday        |                 |                  |                  |
|---------------|-----------------|------------------|------------------|
| 06.15 - 07.00 | Circuit         | Fitness Team     | Outside/Studio 1 |
| 08.30 - 09.15 | Step and Tone   | Nicky Godwin     | Studio 1         |
| 08.30 - 09.30 | Body Balance    | Laura Carolan    | Studio 2         |
| 09.30 - 10.15 | RPM             | Sue Goode        | RPM Studio       |
| 09.30 - 10.30 | Body Pump       | Vicky Whymark    | Studio 1         |
| 09.30 - 10.30 | Body Balance    | Laura Carolan    | Studio 2         |
| 09.30 - 10.30 | Pump Drills     | Scott            | Tennis Court     |
| 10.30 - 11.30 | Pilates         | Karen Weeks      | Studio 2         |
| 10.45 - 11.30 | Zumba           | Tracey Lipman    | Studio 1         |
| 11.30 - 12.30 | Hatha Yoga      | Grace Segger     | Studio 1         |
| 11.30 - 12.30 | Kettlebells     | Alex Boon        | Studio 2         |
| 12.30 - 13.30 | Hatha Yoga      | Paula Restarick  | Studio 2         |
| 17.30 - 18.30 | Pilates         | Amanda Lawson    | Studio 2         |
| 18.00 - 19.00 | Fit ball        | Karen Curren     | Studio 1         |
| 19.00 - 20.00 | RPM             | Natalie Diss     | RPM Studio       |
| 19.00 - 20.00 | Power Flow Yoga | Yvette Obertelli | Studio 2         |
| 20.00 - 21.00 | Body Pump       | Natalie Diss     | Studio 1         |

| Tuesday       |                 |                   |                  |
|---------------|-----------------|-------------------|------------------|
| 06.15 - 07.00 | Circuit         | Fitness Team      | Outside/Studio 1 |
| 08.15 - 09.15 | Hatha Yoga      | Marion Allison    | Studio 2         |
| 08.30 - 09.15 | RPM             | Russell Briant    | RPM Studio       |
| 08.30 - 09.15 | Cardio & Sculpt | Janet Lascarlis   | Studio 1         |
| 09.15 - 10.15 | Hatha Yoga      | Jan McCrerie      | Studio 2         |
| 09.30 - 10.15 | RPM             | Russell Briant    | RPM Studio       |
| 09.30 - 10.30 | Body Pump       | Sian Pryor Bennet | Studio 1         |
| 10.30 - 11.15 | Body Pump       | Sian Pryor Bennet | Studio 1         |
| 10.30 - 11.30 | Body Combat     | Shona Coppin      | Studio 2         |
| 11.30 - 12.30 | Pilates         | Yvette Obertelli  | Studio 1         |
| 12.35 - 13.35 | Vinyasa Yoga    | Yvette Obertelli  | Studio 2         |
| 18.30 - 19.30 | Aqua            | Amanda Lawson     | Pool             |
| 18.30 - 19.15 | HiIT Blitz      | Julia Stebbing    | Studio 2         |
| 19.30 - 20.30 | Body Combat     | Chloe Reynolds    | Studio 1         |
| 19.30 - 20.30 | DRU Yoga        | Amy Tilleray      | Studio 2         |

| Wednesday     |                   |                 |            |
|---------------|-------------------|-----------------|------------|
| 06.15 - 07.00 | RPM               | Russell Briant  | RPM Studio |
| 08.30 - 09.30 | Body Balance      | Nicky Godwin    | Studio 2   |
| 09.30 - 10.15 | Spinning          | Natasha Taylor  | RPM Studio |
| 09.30 - 10.30 | Body Conditioning | Karen Curren    | Studio 1   |
| 09.30 - 10.30 | Body Balance      | Janet Lascarlis | Studio 2   |
| 10.30 - 11.20 | Fit ball          | Chloe Reynolds  | Studio 1   |
| 10.30 - 11.30 | Pilates           | Karen Curren    | Studio 2   |
| 11:35 - 12:20 | Core Fusion       | Chloe Reynolds  | Studio 2   |
| 12.30 - 13.30 | Hatha Yoga        | Jan McCrerie    | Studio 1   |
| 18.00 - 19.00 | Body Fit          | Sue Goode       | Studio 1   |
| 19.00 - 19.45 | RPM               | Russell Briant  | RPM Studio |
| 19.00 - 20.00 | Pilates           | Nicky Godwin    | Studio 2   |

| Thursday      |                   |                  |            |
|---------------|-------------------|------------------|------------|
| 08.30 - 09.15 | Body Conditioning | Karen Curren     | Studio 1   |
| 09.30 - 10.15 | Spinning          | Sue Goode        | RPM Studio |
| 09.30 - 10.30 | Advanced Pilates  | Karen Curren     | Studio 1   |
| 09.30 - 10.00 | CX WORX           | Nicky Godwin     | Studio 2   |
| 10.30 - 11.30 | Body Pump         | Chloe Reynolds   | Studio 1   |
| 10.30 - 11.30 | Box Fit           | Julia Stebbing   | Studio 2   |
| 11.30 - 12.30 | Pilates           | Grace Segger     | Studio 2   |
| 18:00 - 19:00 | Box Fit           | Ryan Earley      | Studio 1   |
| 18:00 - 19:00 | Pop Pilates       | Natalie Mortlock | Studio 2   |
| 19.00 - 20.00 | Body Pump         | Janet Lascarlis  | Studio 1   |

| Friday        |                   |                 |            |
|---------------|-------------------|-----------------|------------|
| 08.30 - 09.15 | RPM               | Gemma Greenwood | RPM Studio |
| 08.50 - 09.20 | Cardio & Sculpt   | Janet Lascarlis | Studio 1   |
| 09.30 - 10.30 | Body Pump         | Vicky Whymark   | Studio 1   |
| 09.30 - 10.30 | Body Conditioning | Nicky Godwin    | Studio 2   |
| 09.30 - 10.15 | RPM               | Gemma Greenwood | RPM Studio |
| 10.30 - 11.30 | Hatha Yoga        | Jan McCrerie    | Studio 1   |
| 10.30 - 11.30 | Kettlebells       | Alex Boon       | Studio 2   |

| Saturday      |              |                   |            |
|---------------|--------------|-------------------|------------|
| 08.30 - 09.15 | Body Fit     | Julia Stebbing    | Studio 1   |
| 09.15 - 10.15 | Body Combat  | Sian Pryor Bennet | Studio 2   |
| 09.30 - 10.30 | RPM          | Natalie Diss      | RPM Studio |
| 09.30 - 10.30 | Body Attack  | Karen Curren      | Studio 1   |
| 10.00 - 11.00 | Bootcamp     | Chloe Edmunds     | Outside    |
| 10.30 - 11.30 | Body Pump    | Sian Pryor Bennet | Studio 1   |
| 10.30 - 11.30 | Body Balance | Natalie Diss      | Studio 2   |

| Sunday        |                   |                           |            |
|---------------|-------------------|---------------------------|------------|
| 09.00 - 10.00 | Bootcamp          | Ryan Earley               | Outside    |
| 09.30 - 10.30 | Spinning          | Hayley Penneck            | RPM Studio |
| 09.30 - 10.30 | Body Conditioning | Nicky / Christine Tatnall | Studio 1   |
| 10.30 - 11.30 | Body Pump         | Christine Tatnall         | Studio 1   |
| 10.35 - 11.35 | Pilates           | Nicky/Julia               | Studio 2   |

\*TIMETABLE COMMENCING 3RD JULY 2017

