

STUDIO TIMETABLE

Monday			
06.15 - 07.00	Circuit	Fitness Team	Outside/Studio1
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	Phil Minot	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	Kate Hunt	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	Vicki Browne	Studio 1
10.30 - 11.15	Body Pump	Vicki Browne	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 - 19.30	Boxercise	Debbie Smith	Studio 2
19.00 - 19.30	CX WORX	Phil Minot	Studio 1
19.30 - 20.30	Body Combat	Sian Pryor Bennet	Studio 1
19.30 - 20.30	Hatha Yoga	Kate Hunt	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	Debbie Smith	Studio 1
10.30 - 11.30	Pilates	Karen Curren	Studio 2
11.35 - 12:20	Core Fusion	Julia Stebbing	Studio 2
12.30 - 13.30	Hatha Yoga	Jan McCrerie	Studio 1
19.00 - 19.45	RPM	Russell Briant	RPM Studio
19.00 - 20.00	Pilates	Nicky Godwin	Studio 2
19.30 - 20.30	Bootcamp	Debbie Smith	Outside/Studio2

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	Natalie Diss	Studio 1
10.30 - 11.30	Boxercise	Debbie Smith	Studio 2
11.30 - 12.30	Hatha Yoga	Grace Segger	Studio 2
19.00 - 20.00	Body Pump	Phil Minot	Studio 1

Friday			
08.30 - 09.15	RPM	Russell Briant	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
11.30 - 12.30	Body Balance	Janet Lascarlis	Studio 1

Saturday			
08.30 - 09.15	Body Conditioning	Julia Stebbing	Studio1
09.15 - 10.15	Body Combat	Sian Pryor Bennet	Studio2
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	John Humphreys	Outside/studio2
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 1ST MAY 2017

