

# STUDIO TIMETABLE

Monday			
06.15 - 07.00	Circuits	Fitness Team	Outside/Studio 2
07.30 - 08.00	Les Mills Sprint	Chloe Reynolds	RPM Studio
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
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
17.30 - 18.30	Pilates	Amanda Lawson	Studio 2
18.00 - 19.00	Fit Ball	Karen Curren	Studio 1
18.30 - 19.15	Flow Yoga	Natalie Diss	Studio 2
19.15 - 20.15	RPM	Natalie Diss	RPM Studio
20.15 - 21.00	Body Pump	Natalie Diss	Studio 1
Tuesday			
06.15 - 07.00	Circuits	Fitness Team	Outside/Studio 2
08.15 - 09.15	Vinyasa Yoga	Nathalie Nugent	Studio 2
08.30 - 09.15	RPM	Russell Briant	RPM Studio
08.30 - 09.15	Body Conditioning	Nicky Godwin	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	Lyndsey Sandat	Studio 1
10.30 - 11.30	Body Combat	Sian Pryor Bennet	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 - 19.00	HIIT Blitz	Julia Stebbing	Studio 1
19.00 - 19.30	Core Strength	Julia Stebbing	Studio 1
19.00 - 19.45	RPM	Claire Johnson	RPM Studio
19.30 - 20.30	DRU Yoga	Amy Tilleray	Studio 2
19.45 - 20.15	Les Mills Sprint	Claire Johnson	RPM Studio
Wednesday			
06.15 - 07.00	RPM	Russell Briant	RPM Studio
08.30 - 09.15	Body Pump	Natasha Taylor	Studio 1
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	Chloe Reynolds	Studio 2
10.30 - 11.00	Les Mills Sprint	Chloe Reynolds	RPM Studio
10.30 - 11.15	Fit Ball	Mitchell James-Bruce	Studio 1
10.30 - 11.30	Pilates	Karen Curren	Studio 2
11.35 - 12.35	Kettlebells	Chloe Reynolds	Studio 2
12.30 - 13.30	Hatha Yoga	Jan McCrerie	Studio 1
18.00 - 18.45	Body Conditioning	Julie Allix	Studio 1
19.00 - 19.45	RPM	Russell Briant	RPM Studio
19.00 - 20.00	Pilates	Julia Stebbing	Studio 2
20.00 - 21.00	DRU Yoga	Amy Tilleray	Studio 2

Thursday			
06:15 - 7:00	Spinning	Mitchell James-Bruce	RPM Studio
08.30 - 09.15	Step and Tone	Karen Curren	Studio 1
08:15 - 9:00	Body Balance	Sue Goode	Studio 2
09.30 - 10.15	Spinning	Sue Goode	RPM Studio
09.30 - 10.30	Advanced Pilates	Karen Curren	Studio 1
09:00 - 09:30	HIIT Blitz	Nicky Godwin	Studio 2
09.30 - 10.00	Core Strength	Nicky Godwin	Studio 2
10.30 - 11.30	Body Pump	Chloe Reynolds	Studio 1
10.30 - 11.30	Body Combat	Rebecca West	Studio 2
11.30 - 12.30	Hatha Yoga	Grace Segger	Studio 2
18:15 - 19:00	Body Attack	Christine Tatnall	Studio 1
18:30 - 19:30	Body Balance	Zoe King	Studio 2
19.00 - 20.00	Body Pump	Lyndsey Sandat	Studio 1
Friday			
06:15 - 07:00	Circuits	Fitness team	Studio 2/Outside
07:30 - 08:00	Les Mills Sprint	Gemma Greenwood	RPM Studio
08:15 - 09:15	Hatha Yoga	Lyndsey Sandat	Studio 2
08.30 - 09.15	RPM	Gemma Greenwood	RPM Studio
09.30 - 10.15	RPM	Gemma Greenwood	RPM Studio
09.25 - 10.25	Body Pump	Vicky Whymark	Studio 1
09.30 - 10.30	Body Conditioning	Courtney Porter	Studio 2
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	Chloe Reynolds	Studio 2
Saturday			
08.15 - 09.15	Body Conditioning	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
10.30 - 11.30	Body Pump	Sian Pryor Bennet	Studio 1
10.30 - 11.30	Flow Yoga	Natalie Diss	Studio 2
Sunday			
08.30 - 09.30	Spinning	Hayley Penneck	RPM Studio
09:00 - 09:45	Circuits	Fitness team	Outside
09:30 - 10:00	Les Mills Sprint	Gemma Greenwood	RPM Studio
09.30 - 10.30	Body Conditioning	Christine Tatnall	Studio 1
10.30 - 11.30	Body Pump	Christine Tatnall	Studio 1
10.35 - 11.35	Pilates	Julia Stebbing	Studio 2

## Studio Timetable Commencing 7th January 2019

To book call  
**01277 653616**

