

CLASS TIMETABLE FROM 21st NOVEMBER

MONDAY

CLASS	TIME	LOCATION	INSTRUCTOR
HiiT	06:45 - 07:30	Gym	Club PT's
Pilates	09:00 - 09:55	Studio	Janet
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's
Body Pump	10:00 - 10:55	Studio	Janet
Spin Class	10:00 - 10:45	Cycling Studio	Emma
Zumba®	11:00 - 11:45	Studio	Lucy
Jazz Dance	12:30 - 13:30	Studio	Marta
Circuits	18:00 - 19:00	Studio	Lucy
Indoor Cycling	18:15 - 19:00	Cycling Studio	Francesca
FiiT Zone	18:30 - 19:15	FiiT Zone	Club PT's
Zumba®	19:10 - 20:00	Studio	Lucy

TUESDAY

HiiT	06:45 - 07:30	Gym	Charlie
Kettlebells	09:15 - 10:00	Studio	Matt
Indoor Cycling	09:30 - 10:15	Cycling Studio	Simon
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's
LBT	10:00 - 11:00	Studio	Sharon
Body Combat	11:00 - 11:45	Studio	Debbie
FiiT Zone	12:30 - 13:15	FiiT Zone	Club PT's
LBT HiiT	18:00 - 18:50	Studio	Charlie
Indoor Cycling	18:15 - 19:00	Cycling Studio	Lucy
FiiT Zone	18:30 - 19:15	FiiT Zone	Club PT's
Strength Training for Sport	19:00 - 20:00	Studio	Matt

WEDNESDAY

HiiT	06:45 - 07:30	Gym	Marie
Zumba®	09:30 - 10:15	Studio	Lucy
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's

LBT	10:20 - 11:05	Studio	Lucy
Latin Salsa	11:30 - 12:30	Studio	Marta
Body Pump	18:00 - 19:00	Studio	Charlene
Indoor Cycling	18:15 - 19:00	Cycling Studio	Lucy
FiiT Zone	18:30 - 19:15	FiiT Zone	Club PT's
Insanity	19:00 - 20:00	Studio	Carl

THURSDAY

HiiT	06:45 - 07:30	Gym	Charlie
Zumba®	09:30 - 10:15	Studio	Lucy
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's
Indoor Cycling	10:00 - 10:45	Cycle Studio	Emma
Fatburner 20/20/20	10:15 - 11:15	Studio	Sharon
Body Pump	11:15 - 12:00	Studio	Emma
FiiT Zone	12:30 - 13:15	FiiT Zone	Club PT's
Step Blast	17:15 - 18:00	Studio	Helen
Boxercise	18:00 - 18:55	Studio	Marie
Indoor Cycling	18:15 - 19:00	Cycling Studio	Charlie
FiiT Zone	18:30 - 19:15	FiiT Zone	Club PT's
Kettlebells	19:00 - 19:45	Studio	Matt
LBT HiiT	20:00 - 20:45	Studio	Charlie

FRIDAY

HiiT	06:45 - 07:30	Gym	Marie
Pilates	09:00 - 09:55	Studio	Janet
Indoor Cycling	09:30 - 10:15	Cycling Studio	Simon
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's
Body Pump	10:00 - 11:00	Studio	Charlene
Mind Body Balance	11:00 - 12:00	Studio	Sarah
FiiT Zone	18:00 - 18:45	FiiT Zone	Club PT's

SATURDAY

Total Body Conditioning	09:00 - 9:55	Studio	Francesca
Body Pump	10:00 - 11:00	Studio	Charlene
Indoor Cycling	10:00 - 10:45	Cycling Studio	Charlie
Kettlebells	11:00 - 11:45	Studio	Matt
Yoga	12:00 - 13:00	Studio	Maureen

SUNDAY

Indoor Cycling	09:30 - 10:15	Cycling Studio	Bryan
LBT	10:00 - 10:45	Studio	Helen
Body Combat	10:45 - 11:30	Studio	Debbie