







CLASS TIMETABLE (studio, spin and squash)

23rd January 2020

Mon	RAGE ! Jack 6.45 – 7.15am	9:30-10am HIIT Claire	10-11am Body design Claire	12:45 - 1:15 Spin Claire	5:30 – 6:00pm Spin - Kat 6:00 – 6:30pm Spin – Sarah	6:30 - 7:30pm Free weights Kat (booking required)	7:30 – 8pm HIIT & Pump Kat	8 - 9pm Flow Yoga Laura	
Tue		10 - 11am HATHA Yoga Em (booking required)		12:45 - 1:15 Spin Sarah	5:30 – 6.30pm 1 hour Spin Big Joe/ Ellis	6.15 – 7.15pm Boxercise Big Joe 	D/E squash training Sue 		
Wed	8.30-9am HIIT James	9 – 9:50am Vinyasa Yoga Rebecca	10 - 11am Circuits Kat	12:45 - 1:15 Lunchers that Lift Jack	5:30 - 6pm Spin Ellis	C/D squash training 6pm 	7pm – 7:30pm Ab Attack – Nigel	7:30 - 8:30pm Circuits Nigel	
Thu	6:45 – 7:25am Cardio & Core James	9:30 – 10am HIIT & Pump Sarah	10 -11am Pilates Carrie	12:45 - 1:15 Spin Sarah	5:30 - 6pm Spin	6 - 7pm Fitness Pilates Nigel	Boxercise 6 - 7pm Big Joe 	D/E squash training Sue 	Kick Boxing 7-9pm A1 Martial Arts 07527 213291
Fri	6:45-7:15am Gym & Tonic James	10-11am Step & Pump Claire (booking required)		12:45 - 1:15 Spin James	5:30 - 6:15pm Hardcore Spin Nigel (booking required)	Racketball Club Night 5pm – 6pm	Yoga 6 – 7:15pm Kate (not suitable for beginners)		
Sat	9:15 - 9:45am Hardcore Spin (Booking required)	10am - 11am Circuits		Kick Boxing 9:40-11:40 Ian - 01844260058	11 .15am- 12noon Vinyasa Yoga Rebecca				
Sun	10-10:30am Spin and Squat Ellis (booking required)	10-11am Yoga Philly		11am-12pm Boxercise Xtra Big Joe	Squash Club Night 4:40 onwards		Class prices vary according to membership type For further information or to book call 01844 261754		

Crèche must be booked at least 24hrs in advance



Ask to join whatsapp groups