

CLASS TIMETABLE

MONDAY

Time	Class	Location	Instructor
9:30-10:15	Pilates	Studio	Lilli
13:00-13:45	LBT	Studio	Bec's
17:30-18:15	Pump	Studio	Joe
18:30-19:15	Circuit	Studio	Joe
19:30-20:15	Spin	Studio	Joe

TUESDAY

Time	Class	Location	Instructor
13:00-13:45	Spin	Studio	Phil
17:30-18:15	LBT	Studio	Joe
18:30-19:15	Spin	Studio	Joe
19:30-20:15	Pilates	Studio	Lilli

WEDNESDAY

Time	Class	Location	Instructor
9:30-10:15	LBT	Studio	Bec's
13:00-13:45	Pump	Studio	Bec's
17:30-18:15	Spin	Studio	Joe
18:30-19:15	Circuits	Studio	Joe
19:30-20:15	Yoga	Studio	Sophie

THURSDAY

Time	Class	Location	Instructor
13:00-13:45	HIIT	Studio	Bec's
17:30-18:15	Upper Body Blast	Studio	Bec's

FRIDAY

Time	Class	Location	Instructor
13:00-13:45	Circuits	Studio	Alex

SATURDAY

Time	Class	Location	Instructor
9:30-10:15	Spin	Studio	Bec's
10:30-11:15	Yoga	Studio	Sophie