



## NEW YEAR CLASS TIMETABLE 2012

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
7:15 – 8:00am	Group Cycle	7:00 – 7:45am	Boot Camp	7:00 – 7:45am	*Zumba	7:00 – 7:45am	Boot Camp	7:15 – 8:00am	Group Cycle			10:15 – 11:15am	Group Cycle
8:00 – 8:30am	Abs Attack	7:45 – 8:15am	Cycle Blast	7:15 – 8:00am	Group Cycle	8:00 – 8:30am	Cycle Blast	8:00 – 8:30am	Abs Attack	10:00 – 11:00am	Group Cycle	10:30 – 11:30am	Aerobics
9:30 – 10:30am	Body Blitz	9:15 – 10:15am	LBT	9:15 – 10:15am	Group Cycle & Abs Zone	9:30 – 10:30am	Power Pilates	9:30 – 10:30am	Body Blitz	10:00 – 11:00am	Boot Camp	11:30 – 12:00pm	Abs Zone
9:30 – 10:30am	Aquacise	10:15 – 11:15am	Boxercise	9:30 – 10:30am	Aquacise	10:30 – 11:30am	Rhythmic Balance	9:30 – 10:30am	Aquacise	10:00 – 11:00am	****Kids Kickboxing	12:30 – 1:45pm	**Yoga 90 Minutes
								10:30 – 11:30am	Boxing Fitness	11:00 – 12:00pm	****Kick-Boxing		
12:15 – 1:00pm	Group Cycle Cardio Blast	12:15 – 1:00pm	Group Cycle	12:00 – 12:45pm	Body Blitz	12:15 – 1:00pm	Group Cycle	12:15 – 1:00pm	Boot Camp	11:00 – 12:00pm	Boxing Fitness		
		4:15 – 5:00pm	*** Street Dance Kids (5-8 years)							11:00 – 12:00pm	*Zumba		
6:30 – 7:30pm	*MMA	6:30 – 7:30pm	Group Cycle & Abs	6:30 – 7:30pm	*Zumba	6:30 – 7:30pm	Circuits	5:30 – 6:30pm	*Yoga	1:00 – 2:00pm	*** Basketball Training		
6:30 – 7:30pm	Group Cycle & Abs	6:45 – 7:45pm	Step & Tone	7:00 – 8:00pm	Group Cycle	7:00 – 8:00pm	*Yoga	6:30 – 7:30pm	Group Cycle & Abs Zone				
7:00 – 8:00pm	Power Circuits	7:00 – 8:00pm	*Pilates			7:00 – 8:00pm	****Kickboxing	7:00 – 8:00pm	***Netball				
7:30 – 8:30pm	Aquacise	7:00 – 8:00pm	****Kickboxing	7:00 – 8:00pm	*MMA	7:30 – 8:30pm	Aquacise	7:15 – 8:15pm	Power Pump				
8:00 – 9:00pm	Beginners Group Cycle & Abs	8:00 – 9:00pm	Power Pump	7:00 – 8:00pm	Boxercise	7:30 – 8:00pm	Abs Attack	8:00 – 8:30pm	Abs Attack				
8:00 - 9:00pm	LBT	8:00 – 9:00pm	High Energy Aerobics	8:30 – 9:30pm	Step & Tone	8:00 – 9:00pm	*Zumba						
						8:00 – 9:00pm	Street Dance						

\* Class is subject to a £2.50 booking fee

\*\*Class is subject to a £3.00 booking fee

\*\*\*Class is subject to a £4.00 booking fee for non-members only

\*\*\*\*Class is subject to a £4.00 booking fee for members and £7.00 for non-members