



CLASS TIMETABLE

JANUARY 2017



Mon	STUDIO CYCLE 06.35 - 07.20	INSANITY BEGINNERS 09.15 - 09.45	WATER AEROBICS 09.30 - 10.15	PULSE KETTLEBELLS 18.00 - 18.30	STUDIO CYCLE 18.15 - 19.00	PULSE CIRCUITS 18.30 - 19.00	POSITIVE PILATES 18.30 - 19.30	BODYPUMP 19.10 - 20.10	WATER AEROBICS 19.30 - 20.30	YOGA 19.45 - 21.15	LEGS, BUMS & TUMS 20.15 - 21.00	
Tues	PULSE FATBURN 06.35 - 07.20	PULSE FATBURN 09.15 - 10.00	AQUA PILATES 09.30 - 10.20	YOGATONE 10.30 - 11.30	PULSE HIIT 18.20 - 19.10	STUDIO CYCLE 18.30 - 19.15	LEGS, BUMS & TUMS 18.45 - 19.30	AQUA ZUMBA 19.30 - 20.15	BODYPUMP 19.30 - 20.30	IMPROVERS PILATES 19.30 - 20.15	BEGINNERS PILATES 20.15 - 21.00	ZUMBA 20.30 - 21.30
Wed	PULSE KETTLEBELLS 06.35 - 07.20	PULSE FATBURN 09.15 - 10.00	AQUA ZUMBA 09.30 - 10.15	YOGA 10.30 - 12.00	PULSE CARDIO KETTLEBELLS 17.45 - 18.15	ZUMBA 18.15 - 19.00	360 TOTAL BODY 18.30 - 19.15	WATER AEROBICS 19.00 - 20.00	STUDIO CYCLE 19.15 - 20.00	POLE FITNESS 19.15 - 20.15	YOGA 19.30 - 21.00	
Thurs	PULSE WOD 06.35 - 07.20	PULSE CIRCUITS 09.15 - 10.00	PILATES 10.45 - 11.45	VINYASA YOGA FLOW 18.00 - 19.00	BODYPUMP 18.15 - 19.15	INSANITY BEGINNERS 18.20 - 18.50	PIYO 18.50 - 19.20	WATER AEROBICS 19.00 - 20.00	PULSE HIIT 19.30 - 20.00	ZUMBA 20.00 - 21.00		
Fri	STUDIO CYCLE 06.35 - 07.20	LADIES THAT LIFT 09.15 - 10.00	WATER AEROBICS 09.30 - 10.15	ZUMBA 09.30 - 10.30	STUDIO CYCLE 18.30 - 19.15	PILATES 18.30 - 19.30						
Sat	STUDIO CYCLE 09.15 - 10.00	BODYPUMP 10.00 - 11.00	ZUMBA 11.15 - 12.15	ZUMBA KIDS 12.30 - 13.15				 Tickets can be collected upto 15 minutes before the start of the class which you are attending				
Sun	STUDIO CYCLE 10.15 - 11.00	YOGA 10.30 - 12.00	PULSE CORE 11.00 - 11.15									

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