



CLASS TIMETABLE 2017



MON	STUDIO CYCLE 06.35 - 07.20	CORE 07.20 - 07.35	KETTLEBELL BODY BLAST 09.15 - 09.45	AQUA CIRCUITS 09.30 - 10.15	KETTLEBELL FITNESS 18.00 - 19.00	STUDIO CYCLE 18.15 - 19.00	YOGA 19.00 - 20.30	BODYPUMP 19.15 - 20.15	WATER AEROBICS 19.30 - 20.15	AEROTONE 20.15 - 21.00			
TUES	BOXERCISE 06.35 - 07.20	STUDIO CYCLE 09.15 - 09.45	AQUA PILATES 09.30 - 10.30	CORE 09.45 - 10.00	YOGA TONE 10.30 - 11.30	STUDIO CYCLE 18.15 - 19.00	HIIT 18.15 - 19.00	BODY BLITZ 18.15 - 19.00	PILATES 18.30 - 19.15	BODYPUMP 19.15 - 20.15	BOXERCISE 19.30 - 20.15	AQUA ZUMBA 19.30 - 20.15	ZUMBA 20.15 - 21.15
WED	STUDIO CYCLE 06.35 - 07.20	CORE 07.20 - 07.35	GROUP FITNESS 09.15 - 10.00	AQUA ZUMBA 09.30 - 10.15	YOGA 10.30 - 12.00	KETTLEBELL FITNESS 17.45 - 18.15	ZUMBA 18.15 - 19.15	BOXERCISE 18.30 - 19.15	STUDIO CYCLE 19.30 - 20.15		YOGA 19.30 - 21.00		
THURS	PULSE WOD 06.35 - 07.20	BOXERCISE 09.15 - 10.00	PILATES 10.45 - 11.45	VINYASA YOGA FLOW 17.55 - 18.55	INSANITY 18.15 - 18.45	BODYPUMP 18.15 - 19.15	PIYO 18.45 - 19.15	WATER AEROBICS 19.00 - 19.45	MILITARY BOOTCAMP 19.30 - 20.00	ZUMBA 20.00 - 21.00			
FRI	STUDIO CYCLE 06.35 - 07.20	CORE 07.20 - 07.35	LEGS, BUMS & TUMS 09.15 - 09.45	WATER AEROBICS 09.30 - 10.15	ZUMBA 09.45 - 10.45		STUDIO CYCLE 18.00 - 18.45	YOGA 19.00 - 20.00					
SAT	STUDIO CYCLE 09.15 - 10.00	BODYPUMP 10.00 - 11.00	BOXERCISE 11.00 - 12.00	ZUMBA 11.15 - 12.15				 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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