




CLASS TIMETABLE 2019



MON	STUDIO CYCLE 06.35 - 07.20		BATTLE BELLS 09.15 - 10.00	AQUA CIRCUITS 09.30 - 10.15	PILATES 10.30 - 11.30	KETTLEBELL FITNESS 18.15 - 19.00	STUDIO CYCLE 18.15 - 19.00	YOGA 19.00 - 20.30	BODYPUMP 19.15 - 20.15	AEROTONE 20.15 - 21.00			
TUES	PULSEFIT 06.35 - 07.20	LBT TONE 09.15 - 10.00	WATER AEROBICS 09.30 - 10.15	YOGA TONE 10.45 - 12.15	STUDIO CYCLE 18.15 - 19.00	BOX FIT 18.15 - 19.00	PILATES 18.30 - 19.15	BODYPUMP 19.10 - 20.10	BODY BLITZ 19.30 - 20.15	AQUA ZUMBA 19.30 - 20.15		ZUMBA 20.15 - 21.15	
WED	STUDIO CYCLE 06.35 - 07.20		PULSE FIT 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	AQUA ZUMBA 19.30 - 20.15	YOGA 19.30 - 21.00		
THURS	PULSEFIT 06.35 - 07.20	PULSE PUMP 09.15 - 10.00	AQUA ZUMBA 09.30 - 10.15	YOGA 10.45 - 12.15	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	PULSEFIT 19.30 - 20.00	ZUMBA 20.00 - 21.00	PIYO 20.15 - 20.45	
FRI	STUDIO CYCLE 06.35 - 07.20		GLUTE CAMP 09.15 - 10.00	WATER AEROBICS 09.30 - 10.15	ZUMBA 10.30 - 11.30	YOGA 13.00 - 14.00	STUDIO CYCLE 18.00 - 18.45	METAFT 19.00 - 19.30	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				 <p>Tickets can be collected upto 15 minutes before the start of the class which you are attending</p>					
SUN		STUDIO CYCLE 10.15 - 11.00	YOGA 10.30 - 12.00	PULSE CORE 11.00 - 11.15	BOXFIT 11.30 - 12.15	TAI CHI 14.00 - 14.45							

0208 254 7940

www.pulsecarshalton.co.uk

info@pulsecarshalton.co.uk

[@pulsecarshalton](https://www.instagram.com/pulsecarshalton)

