



CLASS TIMETABLE 2022



MON	PULSE PUMP 06.35 - 07.20 FITNESS TEAM STUDIO 1 & 2	PULSE FITNESS 09.15 - 10.00 JOE STUDIO 1 & 2	AQUA AEROBICS 09.30 - 10.15 SASHA POOL	PILATES 10.05 - 11.05 MICHELLE STUDIO 1 & 2					STUDIO CYCLE 18.15 - 19.15 KAT H SPIN STUDIO	CIRCUITS 18.30 - 19.15 FITNESS TEAM STUDIO 1 & 2	YOGA 19.00 - 20.30 SEI STUDIO 3	PULSE PUMP 19.30 - 20.15 FITNESS TEAM STUDIO 1 & 2	AQUA AEROBICS 19.30 - 20.15 GILLIAN POOL
TUES	STUDIO CYCLE 06.35 - 07.20 FITNESS TEAM SPIN STUDIO	CIRCUITS 09.15 - 10.00 FITNESS TEAM STUDIO 1 & 2	AQUA ZUMBA 09.30 - 10.15 MARIA POOL	YOGA 11.00 - 12.00 YVONNE STUDIO 1 & 2					KETTLEBELLS 18.30 - 19.15 FITNESS TEAM STUDIO 1 & 2	PILATES 18.30 - 19.30 MIRIAM STUDIO 3	STUDIO CYCLE 19.30 - 20.15 FITNESS TEAM SPIN STUDIO	ZUMBA 19.30 - 20.30 MARIA STUDIO 1 & 2	AQUA AEROBICS 19.35 - 20.20 SASHA POOL
WED	LBT 06.35 - 07.20 FITNESS TEAM STUDIO 1 & 2	HIIT 09.15 - 10.00 FITNESS TEAM STUDIO 1 & 2	PILATES 10.15 - 11.15 SANDEE STUDIO 1 & 2	AQUA AEROBICS 10.00 - 10.45 GILLIAN POOL					STUDIO CYCLE 18.15 - 19.15 KAT H SPIN STUDIO	STEP 18.15 - 19.15 KAT L STUDIO 1 & 2	PIYO 19.30 - 20.30 KAT L STUDIO 1 & 2	YOGA & MEDITATION 19.30 - 21.00 LAUREN STUDIO 3	
THURS	STUDIO CYCLE 06.35 - 07.20 FITNESS TEAM SPIN STUDIO	STUDIO CYCLE 09.15 - 10.00 KATE SPIN STUDIO	AQUA AEROBICS 10.15 - 11.15 JULIE POOL					PULSE PUMP 18.15 - 19.00 JODIE STUDIO 1 & 2	AQUA ZUMBA 19.30 - 20.15 MARIA POOL	STUDIO CYCLE 19.00 - 19.45 KAT H SPIN STUDIO	BOXING 19.15 - 20.00 FITNESS TEAM STUDIO 1 & 2	ZUMBA 20.15 - 21.15 RAMONA STUDIO 1 & 2	
FRI	CIRCUITS 06.35 - 07.20 FITNESS TEAM STUDIO 1 & 2	PULSE PUMP 09.15 - 10.00 FITNESS TEAM STUDIO 1 & 2	AQUA AEROBICS 11.00 - 11.45 SARAH POOL	PILATES 12.00 - 12.45 SARAH STUDIO 1 & 2				STUDIO CYCLE 18.15 - 19.15 KAT H SPIN STUDIO	YOGA 19.00 - 20.00 JULIA STUDIO 1 & 2				
SAT	STUDIO CYCLE 09.15 - 10.00 JODIE SPIN STUDIO	ZUMBA 10.00 - 11.00 MARIA SPORTS HALL	BOX FIT 11.00 - 11.45 FITNESS TEAM STUDIO 1 & 2					<p>BOOK YOUR FAVOURITE CLASSES ONLINE OR THROUGH OUR FITNESS APP TRAKK.</p> <p>If you haven't already download our app please visit WWW.MY-TRAKK.COM</p>					
SUN	STUDIO CYCLE 10.15 - 11.15 KAT H SPIN STUDIO	YOGA 10.30 - 12.00 SEI/JULIA STUDIO 3											

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