

CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 - 9.00AM	Body Pump with Julie		Mindful Yoga with Louise		Tai Chi with Andy		LBT with Angeliki
9.00 - 10.00AM	Body Balance with Jennifer 9.30AM	Hatha Yoga with Kirsty	LBT with Angeliki	Mindful Hatha Flow with Tina	Pilates with Anelia	Aqua Aerobics with Susan	Body Balance with Linda
10.00 - 11.00AM		Body Pump with Pamela 10.30AM	Pilates with Pamela 10.45AM	Spin with Katie	Hatha Yoga with Edwina	Pilates with Natalia	
11.30AM - 4.00PM	Studio Hire						
4.00 - 5.00PM					Barre with Anelia		
5.00 - 6.00PM					Stretch with Anelia	Zumba with Dee	
6.00 - 7.00PM	Spin with Julie 45-MINUTES	Combat with Adam 6.30PM	Iyengar Yoga with Ann	Combat with Adam 6.30PM	Zumba with Alina	Body Pump with Gabrielle	
7.00 - 8.00PM	Combat with Adam	Body Pump with Gabrielle 7.30PM	Body Pump with Julie	Vinyasa Yoga with Steve 7.30PM			

Pool

Instructors



H^ARSPA & CLUB