



UPDATED CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM BOOTCAMP <i>Tony</i>	6:30AM SPIN <i>Lara</i>	6:00AM SPIN <i>Lara</i>	6:30AM MORNING MOTIVATION <i>Gaby</i>			
9:30AM CIRCUITS <i>Tony</i>		9:30AM BEAUTY BOX <i>Jordan</i>			9:30AM SPIN <i>Lara</i>	10:00AM HATHA YOGA <i>Penny</i>
10:30AM HATHA YOGA <i>Philly</i>		10:30PM PILATES <i>Michelle</i>	11:00AM CIRCUITS <i>Gaby</i>		10:45AM PILATES <i>Michelle</i>	
	12:00PM CARDIO TONE <i>Emily</i>			12:30PM FRIDAYFIT <i>Gaby</i>	11:00AM POWERFIT <i>Gaby</i>	
5:00PM UNDER 9s BOXING <i>Martin</i>		5:30 UNDER 16s BOXING <i>Martin</i>	12:00PM HATHA YOGA FLOW <i>Angela</i>	1:30PM PILATES <i>Michelle</i>		
6:00PM STRENGTH 2 STRENGTH <i>Lewis</i>	6:00PM I FIT <i>Gary</i>	6:00PM SPIN <i>Lewis</i>	5:30PM BOXERCISE <i>Ruth</i>	5:45PM SPIN <i>Ruth</i>		5:00PM PUMP <i>Ruth</i>
7:00PM BOXING <i>Stephen</i>	7:00PM REVOLVER <i>Gary</i>	7:00PM SWEAT! <i>Martin</i>	6:30PM I FIT <i>Gary</i>	6:45PM PUMP <i>Ruth</i>		6:00PM SPIN <i>Ruth</i>
7:15PM SPIN <i>Lewis</i>	8:00PM HATHA YOGA <i>Penny</i>	7:15PM LBT <i>Gaby</i>	7:30PM CLUBBERCISE <i>Ruth</i>			
		7:30PM AERIAL YOGA <i>Sharon</i>				