

Studio Class Timetable

Please Note - From Monday 5th October

Monday

07:00 - 07:45	Indoor Cycling	Donna
09:00 - 09:30	H.I.I.T	Gym Team
10:00 - 10:45	Body Pump	Beth
11:00 - 11:45	Body Conditioning	Lisa
12:00 - 12:45	Yoga	Lisa
18:00 - 18:45	Indoor Cycling	Donna
19:00 - 19:45	Bootcamp	Gym Team

Tuesday

09:00 - 09:45	Bootcamp	Gym Team
10:00 - 10:45	Indoor Cycling	Zenobia
10:30 - 11:15	Aqua	Grace
11:00 - 11:45	Body Pump	Zenobia
18:00 - 18:45	Pilates	Carol
19:00 - 19:45	Yoga	Diana

Wednesday

07:00 - 07:45	Indoor Cycling	Sophie
09:00 - 09:45	Pedal & Tone	Donna
10:00 - 10:45	LBT	Gym Team
11:00 - 11:45	Pilates	Antonia
17:00 - 17:45	Indoor Cycling	Antonia
18:00 - 18:45	Pilates	Antonia

Thursday

09:00 - 09:45	Bootcamp	Gym Team
10:00 - 10:30	H.I.I.T	Gym Team
10:30 - 11:15	Aqua	Haylley
11:00 - 11:45	Pilates	Paula
18:00 - 18:45	Yoga	Diana

Friday

07:00 - 07:45	Indoor Cycling	Kevin
09:00 - 09:30	HIIT	Gym Team
10:00 - 10:45	Body Pump	Beth
11:00 - 11:45	LBT	Emma

Saturday

09:00 - 09:45	Indoor Cycling	Sophie
10:00 - 10:45	Body Pump	Sophie
10:30 - 11:15	Aqua	Carol
11:00 - 11:45	Core-Conditioning	Gym Team
11:30 - 12:15	Aqua	Carol

Sunday

09:00 - 09:45	Bootcamp	Gym Team
10:00 - 10:45	Yoga	Denise
11:00 - 11:30	Core Blast	Gym Team

*Subject to change and teacher substitution

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