

2012

studio

2012

0191 2173040

BOOK YOUR PLACE TODAY.

FREE TO COMPLETE FITNESS MEMBERS - £5 FOR NON MEMBERS

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10.00 -10.30 AM	CIRCUITS	GYM TEAM	STUDIO/GYM
6.00 – 6.45 PM	BOXERFIT	PAUL F	STUDIO
7.00 – 7.45 PM	CORE TRAINING	GYM TEAM	STUDIO/GYM

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10.00 –10.30 AM	FLEXIBILITY & CORE	GYM TEAM	STUDIO/GYM
6.00 – 6.15 PM	ABS	SYLVIA	STUDIO
6.15 – 7.00 PM	ZUMBA	SYLVIA	STUDIO
7.00 – 8.00 PM	PILATES	LOU	STUDIO

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
7.00 – 7.45 AM	SPIN	LORNA	STUDIO
6.15 - 7.00 PM	BODY CONDITIONING	LORNA	STUDIO
7.00 – 7.30 PM	BODY FLEX	LORNA	STUDIO

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10.00 –10.30 AM	CIRCUITS	GYM TEAM	STUDIO/GYM
12.00 - 12.30 AM	CORE BLAST	GYM TEAM	STUDIO/GYM

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
7.00 – 7.45 AM	SPIN & ABS	SALLY	STUDIO

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10.00 –10.30 AM	FLEXIBILITY & CORE	GYM TEAM	STUDIO/GYM
10.30 –11.00 AM	CIRCUITS	GYM TEAM	STUDIO

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION
11.00 - 11.30 AM	CORE BLAST	GYM TEAM	STUDIO/GYM