

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA FOR ALL STUDIO 08:00	PILATES FOR ALL HALL 08:25	YOGA STUDIO 09:15				
MONICA	FRAN	ROBIN				
BODY ATTACK HALL 08:50	LUCY'S RUN CLUB MEET AT KINGSMEAD 09:05			BODY COMBAT HALL 09:15		BLT HALL 09:15
ALEX				NICOLE		NICOLE
BODY COMBAT HALL 09:35	PILATES V WEIGHTS HALL 9:15		YOGA FOR ALL STUDIO 10:00	YOGA FOR ALL STUDIO 10:15		YOGA FOR ALL STUDIO 10:15
ALEX	FRAN		EMMA	NIKKI		NIKKI
BODY PUMP HALL 10:25	BODY PUMP HALL 10:15	PILATES V WEIGHTS HALL 10:15	AQUA POOL 09:45	BODY PUMP HALL 10:15		PILATES V WEIGHTS HALL 10:15
NICOLE	LUCY	FRAN	GRACE	FRAN		FRAN
		AQUA POOL 10:30	ZUMBA HALL 10:10	VINYASSA YOGA STUDIO 11:15	DEEP AQUA POOL 11:45	DEEP AQUA POOL 10:45
		LYNESEY	LISSA	NIKKI	ZOE	LYNESEY
BODY BALANCE HALL 11:15		PILATES FOR ALL HALL 11:15	YIN YOGA STUDIO 11:00	PILATES FOR ALL HALL 11:15		VINYASSA YOGA STUDIO 11:15
ADAM		FRAN	EMMA	FRAN		NIKKI
		GENTLE PILATES HALL 12:05	BODY PUMP HALL 11:00	DEEP AQUA POOL 11:45		PILATES FOR ALL HALL 11:15
		FRAN	FRAN	WENDY		FRAN
		BODY PUMP HALL 17:00		GENTLE PILATES HALL 12:05	BODY ATTACK* NORTHGATE 17:30	
		ADAM		FRAN	GABBIE	
		PILATES FOR ALL HALL 18:30	BOOT CAMP HALL 18:05		BODY COMBAT* NORTHGATE 18:15	
		FRAN	ALEX		GABBIE	
		VINYASSA YOGA HALL 19:30			BODY BALANCE* NORTHGATE 19:05	
		NIKKI			GABBIE	

HALL/STUDIO: Prince of Wales Youth Centre NORTHGATE: Northgate Centre



Pool



Mind and body



Weights with equipment



Cardio



Dance

These timetables may be subject to change