

# Group Exercise Timetable 2011

Time and Day	Class	Level	Instructor
<b>Monday</b>			
7:15 – 8:00	Circuits	All	Fitness Team
8:00 – 8:30	Keiser Cycle (Gym Floor)	All	Fitness Team
10:30 – 11:00	Stay Active Over 55	All	Fitness Team
11:15 – 12:00	Aqua Aerobics (New)	All	Kerry
12:00 – 12:45	Pilates (New)	All	Kerry
12:30 – 13:00	Keiser Cycle (Gym Floor)	All	Fitness Team
17:30 – 18:15	Dance Fitness	All	Gemma
17:30 – 18:00	Keiser Cycle (Gym Floor)	All	Fitness Team
18:30 – 19:15	Aqua Aerobics	All	Kerry
18:15 – 19:15	Body Sculpt	All	Karen
19:15 – 20:15	Pilates	All	Kerry
<b>Tuesday</b>			
7:15 – 8:00	Keiser Cycle (Gym Floor)	All	Fitness Team
8:00 – 8:15	Abs Blast (Gym Floor)	All	Fitness Team
12:00 – 12:30	Fit Ball	All	Fitness Team
13:00 – 14:00	Astanga Yoga Level 1	L1	Joanne
17:30 – 18:15	Hip Hop	All	Fran
18:15 – 19:00	Keiser Cycle (Gym Floor)	All	Fitness Team
18:15 – 19:00	Advanced Ballet	L3	Gemma
19:00 – 20:00	Yoga Level 3	L3	Ray
<b>Wednesday</b>			
7:15 – 8:00	Circuits	All	Fitness Team
10:30 – 11:00	Stay Active Over 55	All	Fitness Team
12:30 – 13:00	Keiser Cycle (Gym Floor)	All	Fitness Team
12:30 – 13:15	Pilates	All	Kerry
17:00 – 17:45	Dance Fitness	All	Gemma
17:45 – 18:30	Beginners Ballet	L1	Gemma
18:30 – 19:15	Step	All	Kerry
19:15 – 20:00	Body Sculpt	All	Kerry
<b>Thursday</b>			
7:15 – 8:00	Box Fit	All	Fitness Team
11:00 – 11:45	Aqua Aerobics	All	Kerry
12:15 – 13:00	Pilates (New)	All	Kerry
13:00 – 13:45	Yogalates	All	Kerry
18:00 – 19:00	Astanga Yoga Level 1	L1	Karolina
19:00 – 20:00	Ladies Combat Fitness (£5)	All	Jai
18:00 – 18:45	Keiser Cycle (Gym Floor)	All	Fitness Team
18:45 – 19:00	Abs Blast (Gym Floor)	All	Fitness Team
<b>Friday</b>			
7:15 – 8:00	Keiser Cycle (Gym Floor)	All	Fitness Team
8:00 – 8:15	Abs Blast (Gym Floor)	All	Fitness Team
12:00 – 12:15	Abs Blast (Gym Floor)	All	Fitness Team
12:30 – 13:15	Keiser Cycle (Gym Floor)	All	Fitness Team
19:00 – 19:15	Kettlebell Taster	All	Fitness Team
18:15 – 19:15	Yoga Level 1	L1	Joanne
<b>Saturday</b>			
9:30 – 10:15	Keiser Cycle (Gym Floor)	All	Fitness Team
11:00 – 12:00	Astanga Yoga Level 1	L1	Joanne
12:00 – 13:00	Astanga Yoga Level 2	L2	Joanne
15:00 – 15:30	Circuits	All	Fitness Team
<b>Sunday</b>			
10:00 – 10:15	Kettlebell Taster	All	Fitness Team
15:00 – 15:30	Box Fit	All	Fitness Team