

GIRLS ALLOWED STUDIO DECEMBER 2020 TIMETABLE

Aerobic Fitness	Strength & Endurance	Mind & Body
Aerobics & Strength	Kids Classes	

MONDAY				
Time	Length	Class	Instructor	Where
07:00	30mins	Group Ride	Jane	Studio
09:00	30mins	MetaFit	Laila	Studio/Online
09:30	30mins	Spin	Sarah	Studio
09:30	45mins	Box Bootcamp	Laila	Studio/Online
12:00	45mins	LBT	Lynne	Studio/Online
17:30	30mins	Powerwave	Claire	Studio/Online
18:15	45mins	TRX	Pat	Studio
18:30	30mins	Spin	Claire	Studio
19:15	30mins	Group Ride	Jane	Studio
TUESDAY				
Time	Length	Class	Instructor	Where
07:00	30mins	Powerwave	Laila	Studio/Online
09:00	45mins	Kettlebells	Laila	Studio/Online
10:00	60 mins	Yoga	Lesley	Studio/Online
11:15	45mins	Dance Fit	Amy	Studio/Online
12:30	30mins	Bum Buster	Claire	Studio/Online
18:00	30 mins	Powerwave/HIIT	Claire	Studio/Online
18:30	30mins	Group Ride	Kelly Kasabi	Studio
18:30	30 mins	Abs Blast	Sara	Studio/Online
19:00	30mins	Group Ride	Kelly Kasabi	Studio
19:30	45mins	Fitness Pilates	Kelly Kasabi	Studio/Online
WEDNESDAY				
Time	Length	Class	Instructor	Where
07:00	30mins	Group Ride	Laila	Studio
09:00	30 mins	HIITSTEP	Laila	Studio/Online
09:30	30mins	Group Ride	Jane	Studio
09:30	45mins	Group Power	Sara	Studio/Online
10:30	60mins	Supple Strength	Sara	Studio/Online
12:30	30mins	Powerwave	Laila	Studio/Online
18:00	30mins	HIITSTEP	Claire	Studio/Online
18:30	45mins	Pilates	Sara	Studio
18:45	30mins	Spin	Claire	Studio
19:30	60mins	Yoga	Sonia	Studio/Online

THURSDAY				
Time	Length	Class	Instructor	Where
09:00	30mins	HIITSTEP	Claire	Studio/Online
09:30	30mins	Spin	Claire	Studio
09:30	45mins	Body Conditioning	Aleesha	Studio/Online
10:30	45mins	Forever Young 50+	Chris	Studio/Online
18:30	45mins	LBT	Sara	Studio/Online
18:30	30mins	Mixed Spin	Claire	Studio
19:30	30mins	Group Ride	Becky	Studio
19:30	45mins	Box Bootcamp	Claire	Studio/Online
FRIDAY				
Time	Length	Class	Instructor	Where
07:00	30 mins	Powerwave	Jane	Studio/Online
09:00	30mins	MetaFit	Laila	Studio/Online
09:30	30mins	Group Ride	Laila	Studio
09:30	45mins	Body Conditioning	Aleesha	Studio/Online
10:30	60 mins	Fitness Pilates	Kelly	Studio/Online
19:00	30mins	Powerwave	Jane	Studio
SATURDAY				
Time	Length	Class	Instructor	Where
08:30	45mins	Supple Strength	Sara	Studio/Online
09:30	30mins	Spin	Claire	Studio
09:30	45mins	Group Power	Sara	Studio/Online
10:30	45mins	Box Bootcamp	Laila	Studio/Online
SUNDAY				
Time	Length	Class	Instructor	Where
09:00	60mins	Yoga	Kelly Kasabi	Studio/Online
10:15	30mins	Spin	Dawn Palmer	Studio
10:15	30mins	Powerwave	Claire	Studio/Online
11:00	30mins	Bum Buster	Claire	Studio/Online