



class schedule w/c 15th November

MONDAY				THURSDAY			
09:00	SPIN 30	Jo	Spin	09:00	SPIN 30	Jo	Spin
09:30	CORE	Jo	Mustang	09:30	STRONG 45	Lisa	Venom
11:00	PILATES	Elaine	Mustang	10:30	PILATES	Christine	Mustang
17:45	HIIT	Kim	Venom	17:45	SPIN 30	Jo	Spin
17:45	PILATES	Steffi	Mustang	18:00	HIP HOP CARDIO	Tabby	Mustang
18:15	SPIN 30	Kim	Spin	18:00	BOX FIT	Kim	Venom
18:30	DYNAMIC PUMP	Steffi	Venom	18:45	FITNESS YOGA	Olga	Mustang
18:30	RUNNING GROUP	Chris	Outdoor	18:45	PERFORMANCE SPIN	Carl	Spin
18:30	CLUB FIT CARDIO	Tabby	Mustang	19:00	LEVEL UP	Tabby/Jess	Venom
19:15	KETTLEBELLS	Calum	Venom				
19:15	SPIN 45	Jamie	Spin				
TUESDAY				FRIDAY			
09:00	SPIN 30	Anthea	Spin	09:00	SPIN 30	Steffi	Spin
09:30	BODY CONDITIONING	Anthea	Mustang	09:30	TOTAL BODY WORKOUT	Lisa	Venom
10:15	ACTIVE MOBILITY	Elaine	Venom	09:45	AEROBICS	Christine	Mustang
11:00	ZUMBA	Steffi	Mustang	10:30	PILATES	Christine	Mustang
17:45	SPIN 30	Steffi	Spin	17:45	DYNAMIC PUMP	Steffi	Venom
17:45	DANCE FIT	Hayley	Mustang	18:30	SPIN 30	Kim	Spin
18:30	CORE	Jo	Mustang				
18:30	SPIN 45	Calum	Spin				
18:45	STRONG 45	Lisa	Venom				
19:15	FITNESS YOGA	Jim	Mustang				
WEDNESDAY				SATURDAY			
09:30	DYNAMIC PUMP	Jo	Venom	08:45	SPIN 45	Kim	Spin
10:30	PILATES	Elaine	Mustang	09:30	HIIT	Kim	Venom
18:00	ZUMBA	Steffi	Mustang	10:15	BODY CONDITIONING	Elaine	Mustang
18:00	TOTAL BODY WORKOUT	Calum	Venom	SUNDAY			
18:45	DYNAMIC PUMP	Steffi	Venom	09:00	FITNESS YOGA	Julie	Mustang
18:45	SPIN 30	Calum	Spin	09:30	SPIN 45	Jo	Spin
19:15	PILATES	Lisa	Mustang				