

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45 <b>Virtual Spin</b>		07:00 - 07:45 <b>Virtual Spin</b>		07:00 - 07:45 <b>Virtual Spin</b>		
09:30 - 10:15 <b>Aqua Tone</b> with Gaynor	09:30 - 10:15 <b>Bootcamp</b> with Keith	09:30 - 10:15 <b>Circuits</b>	09:30 - 10:15 <b>Circuits</b> with Aaron	09:30 - 10:15 <b>Aqua Tone</b> with Gaynor		09:00 - 09:45 <b>Virtual Spin</b>
10:30 - 11:15 <b>Pump</b> with Gaynor	10:30 - 11:15 <b>Kettlebells</b> with Keith	10:30 - 11:15 <b>Spin</b> with Vicki	10:30 - 11:15 <b>Pilates</b> with Laura	10:30 - 11:15 <b>Pump</b> with Gaynor	10:00 - 10:45 <b>Cicruits</b> with Hannah	10:00 - 11:00 <b>Yoga</b> with Helen
				11:15 - 12:00 <b>Legs, Bums and Tums</b> with Gaynor	12:00 - 12:45 <b>Virtual Spin</b>	11:15 - 12:00 <b>Circuit training</b>
			17:15 - 17:45 <b>Spin</b>			
18:00 - 18:30 <b>Spin</b> with Keith	18:00 - 18:45 <b>Pump</b> with Gaynor	18:00 - 18:45 <b>Circuits</b> with Aaron	18:00 - 18:45 <b>Yoga</b>	18:00 - 18:45 <b>Circuits</b> with Keith		
18:45 - 19:15 <b>Circuits</b> with Keith	18:45 - 19:30 <b>Power step</b> with Gaynor	19:00 - 19:45 <b>Kettle bells</b> with Aaron	19:00 - 19:45 <b>Virtual Spin</b>	19:00 - 19:30 <b>Spin</b> with Keith		

**Virtual** classes are always available when Fitness studio not in use, please ask an instructor for details