

Find the class that suits your lifestyle



Studios



unplugged!

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
MORNING	6.30am till 10am		7.00-7.30 2 Spin blast JJB Team		7.00-7.30 2 Spin blast JJB Team											
		9.30-10.15 1	Step Intro Marie	9.30-10.30 1	Fitball Aveen	9.30-10.30 1	Khai Bo Aveen	9.30-10.30 1	Pump FX Marie	9.30-10.30 1	Dance Aerobics Marie	9.30-10.30 1	Bootcamp JJB Team			
DAYTIME	10am till 5pm	10.00-10.45 Pool JJB Team			10.00-10.45 Pool JJB Team											
		10.30-11.15 2 Spin JJB Team			10.30-11.15 2 Spin Marie				10.00-10.45 Pool JJB Team							
		10.30-11.30 1	Pump FX Marie	10.30-11.30 1	Zumba Gold Heather	11.15-12.00 2	Transformation JJB Team	10.30-11.30 1	Cardio Bootcamp Marie							
		11.30-12.30 1	Intro to Pilates Heather	11.30-12.30 1	Yoga Derek	11.30-12.30 1	Intermediate Pilates Heather			11.30-12.30 1	Adv Pilates Heather	10.30-11.15 1	Fit Ball Aveen	11.30-12.30 2	Spin JJB Team	
											11.30-12.30 1	Zumba Heather				
EVENING	5pm till 10pm	6.00-6.25 1	Ab Attack JJB Team	5.45-6.15 1	Ab Attack JJB Team	6.00-6.25 1	Ab Attack JJB Team	5.45-6.15 1	Ab Attack JJB Team	6.00-6.25 1	Ab Attack JJB Team					
		6.30-7.30 2	Spin JJB Team	6.30-7.15 2	Spin JJB Team	6.30-7.30 2	Spin JJB Team	6.30-7.15 2	Spin JJB Team	6.30-7.15 2	Spin JJB Team					
		6.30-7.20 1	Dance Aerobics Shauna	6.30-7.30 1	Pump FX Trish	6.30-7.30 1	Boxercise JJB Team	6.30-7.30 1	Bootcamp JJB Team	6.30-7.30 1	Step JJB Team					
		7.30-8.30 1	Body Blitz Aveen	7.30-8.30 1	Step Trish	7.30-8.30 1	Fit Ball Paul	7.30-8.30 1	Zumba Heather							
		7.00-7.45 pool	Splash Geraldine			7.00-7.45 pool	Splash JJB Team									
				7.30-8.30 2	Pilates Heather			7.30-8.30 2	Pilates Alix	7.30-8.30 1	Yoga Michael					

Timetable LIVE from Monday 6th April

A is for Aerobic. Work your heart and lungs, burn calories, improve cardiovascular fitness, get up and get moving.

C is for Conditioning. Improve your overall body tone, a class to condition and strengthen your body.

E is for Escape. Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.

