



Health & Leisure Club

Class Timetable 2012

Monday

Tuesday

Wednesday

Time	Class	Location	Instructor
06.45 - 07.30	ViPR	Main Gym	Gym Instructor
08.45 - 09.15	FAB	BMW Studio	Julie
09.30 - 10.15	Gym Circuits	Main Gym	Gym Instructor
09.30 - 10.30	Body Pump	BMW Studio	Debbie
09.30 - 10.30	Body Vive	Mini Studio	Julie
09.30 - 10.15	Aqua Fit	Pool	Marian
09.30 - 10.30	Simple Steps	Studio 4	Phil
10.15 - 11.00	ViPR	X-Fit Studio	Gym Instructor
10.15 - 11.00	Aqua Fit	Pool	Marian
10.30 - 11.15	Group Cycling	Spinning Studio	Rick
10.30 - 11.30	Over 50's/Beginners Circuits	Main Gym	Gym Instructor
10.30 - 11.30	Body Balance	Studio 4	Julie
10.30 - 11.30	Body Attack	Mini Studio	Debbie
10.30 - 11.30	Zumba	BMW Studio	Emma
11.30 - 12.30	Yoga	BMW Studio	Tony
11.30 - 12.30	Pilates(Beginners)	Mini Studio	Julie
13.30 - 14.30	Body Combat	BMW Studio	Debbie
17.30 - 18.30	Body Combat	BMW Studio	Debbie
17.45 - 18.30	ViPR - ladies only	X-Fit Studio	Gym Instructor
17.45 - 18.30	Spinning	Spinning Studio	Sally
18.00 - 19.00	Zumba	Mini Studio	
18.30 - 19.30	THUMP	X-Fit Studio	Samuel Leon PT
18.30 - 19.30	Body Pump	BMW Studio	Marian
18.30 - 19.30	Gym Circuits	Main Gym	Gym Instructor
18.45 - 19.30	Spinning	Spinning Studio	Ryan
18.30 - 19.00	Ab Attack	Studio 4	Debbie
19.00 - 20.00	Body Attack	Mini Studio	Craig
19.30 - 20.30	Zumba	BMW Studio	
19.45 - 20.15	Spinning(Beginners)	Spinning Studio	Marian
19.30 - 20.30	Body Balance	Studio 4	Julie

Time	Class	Location	Instructor
06.45 - 07.45	Body Balance	BMW Studio	Julie
08.45 - 09.45	Body Pump	BMW Studio	Julie
09.30 - 10.30	Gym Circuits	Main Gym	Gym Instructor
09.30 - 10.15	Spinning	Spinning Studio	Marian
09.30 - 10.30	Pilates(Advanced)	Mini Studio	Kym
10.00 - 11.00	Ducklings	Pool	Lucy
10.30 - 11.30	Zumba	BMW Studio	Marian
10.30 - 11.00	Body Combat	Mini Studio	Debbie
11.00 - 11.30	Body Step		
13.00 - 14.00	Gym Circuits	Main Gym	Gym Instructor
13.30 - 14.30	Zumba	Mini Studio	Marian
13.30 - 14.30	Gentle Yoga	BMW Studio	Sandra
13.30 - 14.15	Aqua Fit	Pool	Debbie
17.30 - 18.30	Body Balance	Studio 4	Denise
18.00 - 19.00	Ladies only Circuits	X-Fit Studio	Gym Instructor
18.00 - 19.00	Spin/Circuits	Spinning Studio	Ryan
18.00 - 19.00	Zumba	Mini Studio	Debbie
18.15 - 19.15	Super Circuits	BMW Studio	Samuel Leon PT
18.30 - 19.00	Ab Attack	Studio 4	Marian
19.15 - 20.00	Spinning	Spinning Studio	Gary
19.00 - 20.00	Freestyle Aerobics	Mini Studio	Marian
19.00 - 20.00	Gym Circuits	Main Gym	Gym Instructor
19.15 - 20.15	Body Step	BMW Studio	Debbie

Time	Class	Location	Instructor
06.45 - 07.30	Spinning	Spinning Studio	Sally
08.45 - 09.15	FAB	BMW Studio	Julie
09.30 - 10.30	ViPR	X-Fit Studio	Gym Instructor
09.30 - 10.30	Spin Circuits	Spinning Studio	Jefferson
09.30 - 10.30	Body Pump	BMW Studio	Julie
09.30 - 10.30	Body Vive	Mini Studio	Kym
10.15 - 11.00	Aqua Fit	Pool	Debbie
10.30 - 11.00	Jefferson's Abs	Studio 4	Jefferson
10.30 - 11.15	Spinning	Spinning Studio	Sally
10.30 - 11.30	Body Blitz	Mini Studio	Marian
10.30 - 11.30	Progressive Pilates	BMW Studio	Julie
11.30 - 12.30	Yoga	BMW Studio	Tony
13.30 - 14.15	Spinning	Spinning Studio	Ryan
13.30 - 14.30	Gym Circuits	Main Gym	Gym Instructor
17.30 - 18.15	Body Pump	BMW Studio	Julie
18.00 - 19.00	Gym Circuits	Main Gym	Gym Instructor
18.00 - 18.45	Group Cycling	Spinning Studio	Rick
18.15 - 18.45	Core Conditioning	Studio 4	Sam
18.30 - 19.30	BTS Combo	BMW Studio	Debbie
18.30 - 19.30	Body Vive	Mini Studio	Julie
18.45 - 19.45	THUMP	X-Fit Studio	Samuel Leon PT
19.15 - 20.00	Ladies only beginners Spin	Spinning Studio	Leanne
19.30 - 20.30	Pilates	Mini Studio	Denise



Health & Leisure Club

Class Timetable (cont...)

Thursday

Friday

Saturday

Time	Class	Location	Instructor
09.30 - 10.30	Body Pump	BMW Studio	Debbie
09.30 - 10.15	Spinning	Spinning Studio	Marian
09.30 - 10.30	Pilates(Advanced)	Mini Studio	Kym
10.30 - 11.30	BTS Combo	Mini Studio	Debbie
10.30 - 11.30	Gym Circuits	Main Gym	Gym Instructor
10.30 - 11.30	Zumba	BMW Studio	Marian
11.30 - 12.30	Hatha Yoga	Studio 4	Sonia
13.00 - 13.45	Gym Circuits	Main Gym	Gym Instructor
13.30 - 14.15	Aqua Fit	Pool	Debbie
13.30 - 14.30	Gentle Yoga	BMW Studio	Sandra
18.00 - 18.45	ViPR - Ladies only	X-Fit Studio	Gym Instructor
18.00 - 19.00	Body Combat	BMW Studio	Debbie
18.00 - 19.00	Zumba	Mini Studio	Marian
18.30 - 19.15	Spinning	Spinning Studio	Russell
18.45 - 19.30	Hydro Fit	Pool	Suzie
19.00 - 20.00	Body Step	BMW Studio	Debbie
19.00 - 20.00	Body Attack	Mini Studio	Marian
19.30 - 20.30	Spin/Circuits	Spinning Studio	Gary

Time	Class	Location	Instructor
06.45 - 07.30	Spinning	Spinning Studio	Leanne
06.45 - 07.45	Body Balance	BMW Studio	Julie
08.45 - 09.15	FAB	BMW Studio	Julie
09.30 - 10.15	Gym Circuits	Main Gym	Gym Instructor
10.15 - 11.00	ViPR	X-Fit Studio	Gym Instructor
09.30 - 10.30	Body Pump	BMW Studio	Julie
09.30 - 10.30	Zumba	Mini Studio	Marian
09.30 - 10.15	Aqua Fit	Pool	Debbie
09.30 - 10.30	Simple Steps	Studio 4	Phil
10.30 - 11.15	Group Cycling	Spinning Studio	Rick
10.30 - 11.30	Body Vive	Mini Studio	Marian
10.30 - 12.00	Yoga	Studio 4	Tony
10.30 - 11.30	Pilates	BMW Studio	Julie
13.30 - 14.30	Gym Circuits	Main Gym	Gym Instructor
13.30 - 14.30	Body Attack	BMW Studio	Debbie
17.30 - 18.15	Spinning	Spinning Studio	Sally
18.00 - 19.00	Zumba	Mini Studio	Debbie
18.30 - 19.30	Body Pump	BMW Studio	Sally
18.30 - 19.30	Spinning	Spinning Studio	Ryan

Time	Class	Location	Instructor
09.00 - 09.45	Gym Circuits	Main Gym	Gym Instructor
09.45 - 10.30	ViPR	X-Fit Studio	Gym Instructor
09.30 - 10.30	Zumba	Mini Studio	Marian
09.30 - 10.30	Body Step	BMW Studio	Debbie
09.30 - 10.15	Spinning	Spinning Studio	Ben
10.30 - 11.30	Body Pump	BMW Studio	Sally
10.30 - 11.30	Tai Chi	Mini Studio	Matt
13.00 - 14.00	Gym Circuits	Main Gym	Gym Instructor
16.00 - 17.00	Body Attack	BMW Studio	Debbie

Sunday

Time	Class	Location	Instructor
9.30 - 10.30	Body Pump	BMW Studio	Gym Instructor
10.00 - 10.45	Spinning	Spinning Studio	Ryan
10.00 - 11.00	Body Balance	Mini Studio	Denise
10.30 - 11.30	Combat	BMW Studio	To Restart Jan '12
11.00 - 12.00	Gym Circuits	Main Gym	Gym Instructor
13.00 - 14.00	Gym Circuits	Main Gym	Gym Instructor
15.00 - 16.00	Hydro Fit	Pool	Suzie