

# CLASS TIMETABLE - DISCOVER YOUR PERFECT CLASS

## MONDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Bootcamp	Gym Instructor	High	Bootcamp Studio
6:45am	Spin	Nigel Stagg	High	Spin Studio
8:00am	Pilates	Nigel Stagg	Low	Studio 2
9:15am	Bootcamp	Nigel Stagg	High	Bootcamp Studio
9:30am	Low & Tone	Fiona Nunns	High	Studio 1
9:45am	Body Balance	Tania Fisher	High	Studio 2
10:15am	Aqua Pilates	Nigel Stagg	Low	Pool
10:15am	Spin	Sam Battiste	High	Spin Studio
10:30am	Body Pump	Fiona Nunns	High	Studio 1
11:15am	Beginners Pilates	Nigel Stagg	Low	Studio 2
11:30am	Zumba	Sam Battiste	High	Studio 1
11:40am	Aqua	Sally Meikle-Janney	Low	Pool
12:00pm	Spin	Alison Wells	High	Spin Studio
12:15pm	Beginners Pilates	Nigel Stagg	Low	Studio 2
12:15pm	Bootcamp	Aston Phillips-Morrin	High	Bootcamp Studio
12:30pm	Mature Movers	Marie Coyne	Low	Studio 1
2:00pm	Virtual Spin	n/a	High	n/a
5:15pm	Pilates	Susan Teale	Low	Studio 2
5:30pm	Sh'bam	Fiona Nunns	High	Studio 1
6:00pm	Spin	Brendan Counce	High	Spin Studio
6:15pm	Body Balance	Alex Battiste	Low	Studio 2
6:30pm	Body Pump	Fiona Nunns	High	Studio 1
7:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
7:15pm	Spin	Martha	High	Spin Studio
7:15pm	Aqua	Alex Battiste	Low	Pool
7:20pm	Yoga	Samuel Milnes	Low	Studio 2
7:30pm	Body Combat	Bev Coates	High	Studio 1

## TUESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Spin	Alex Battiste	High	Spin Studio
7:00am	Bootcamp	Gym Instructor	High	Bootcamp Studio
9:00am	Pilates	Nigel Stagg	Low	Studio 2
9:30am	BigBox Fusion	Fiona Nunns	High	Studio 1
9:45am	Spin	Ellie Looker	High	Spin Studio
10:0am	Aqua	Jackie Johnson	Low	Pool
10:00am	Beginners Yoga (1hr)	The Happy Yoga Club	Low	Studio 2
10:15am	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
10:30am	Sh'bam	Fiona Nunns	High	Studio 1
11:15am	Aqua Med	Ellie Looker	Low	Pool
11:15am	Tai Chi	Jackie Johnson	Low	Studio 2
11:30am	Health Circuit	Katie Bostock	High	Studio 1
12:00pm	Virtual Spin	n/a	High	n/a
12:15pm	Pure Stretch	Jackie Johnson	Low	Studio 2
12:30pm	Legs, Bums & Tums	Katie Bostock	High	Studio 1
5:30pm	Advanced Step	Kevan Rigget	High	Studio 1
6:00pm	Spin	Harjinder Sandhu	High	Spin Studio
6:15pm	Pilates	Fiona Nunns	Low	Studio 2
6:30pm	Legs, Bums & Tums	Katie Siddons	High	Studio 1
7:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
7:00pm	Aqua Combat	Harjinder Sandhu	Low	Pool
7:15pm	Hatha Yoga	Silvia Jaimokaite	Low	Studio 2
7:20pm	Hiit Step	Katie Siddons	High	Studio 1

## WEDNESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
7:00am	Spin	Ashton Phillips-Morrin	High	Spin Studio
9:00am	Clinical Pilates	Susan Teal	Low	Studio 2
9:00am	Virtual Spin	n/a	High	n/a
9:30am	Aqua	Alex Helmsley	Low	Pool
9:20am	Body Pump	Daniel Moheb Choucri	High	Studio 1
10:10am	Body Combat (30mins)	Daniel Moheb Choucri	High	Studio 1
10:30am	Pilates	Alex Helmsley	Low	Studio 2
10:50am	LM Core (30mins)	Daniel Moheb Choucri	High	Studio 1
11:00am	Spin	Martha McLean	High	Spin Studio
11:00am	Aqua Zumba	Claire Freeman	Low	Pool
11:30am	Areotone	Alex Helmsley	High	Studio 1
11:40am	Body Balance (1hr)	Daniel Moheb Choucri	High	Studio 2
12:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
12:15pm	Zumba	Claire Freeman	High	Studio 1
12:45pm	Tai Chi (Wu Style)	Barbara Campbell	Low	Studio 2
2:00pm	Over 50's Ballet	Katie Sutton	Low	Studio 2
2:00pm	Virtual Spin	n/a	High	n/a
5:15pm	Yoga	Samuel Milnes	Low	Studio 2
5:30pm	Step	Matthew Brammer	High	Studio 1
6:00pm	Spin	Marie Coyne	High	Spin Studio
6:15pm	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
6:25pm	Pilates	Matthew Brammer	Low	Studio 2
6:25pm	Attack Express (30mins)	Bev Coates	High	Studio 1
7:00pm	Les Mills Core (30mins)	Bev Coates	High	Studio 1
7:00pm	Spin	Jenny Joof	High	Spin Studio
7:20pm	Aqua Zumba	Matthew Brammer	Low	Pool
7:30pm	Sh'bam	Bev Coate	High	Studio 1
7:30pm	Body Balance	Tania Fisher	High	Studio 2

## THURSDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Les Mills Core (30 mins)	Alex Battiste	High	Studio 1
6:30am	Bootcamp	Gym Instructor	High	Bootcamp Studio
6:45am	Spin	Brendan Counce	High	Spin Studio
9:00am	Clinical & Beginners Pilates	Susan Teale	Low	Studio 2
9:30am	Low & Tone	Sam Battiste	Low	Studio 1
9:30am	Virtual Spin	n/a	High	n/a
9:45am	Aqua Zumba	Claire Freeman	Low	Pool
10:00am	Pilates	Susan Teal	Low	Studio 2
10:30am	Step	Sam Battiste	High	Studio 1
11:00am	Yoga	Samuel Milnes	Low	Studio 2
11:00am	Aqua Fit	Jackie Johnson	High	Pool
11:15am	Spin	Martin Hey	Low	Spin Studio
11:30am	Sh'bam	Fiona Nunns	High	Studio 1
12:00pm	Bootcamp	Alison Wells	High	Bootcamp Studio
12:30pm	Body Pump	Martin Hey	High	Studio 1
1:30pm	Dancercise	Jayne farrell	High	Studio 1
5:00pm	Beginners Pilates	Nigel Stagg	Low	Studio 2
5:00pm	Spin	Justin Wood	High	Spin Studio
5:30pm	Low & Tone	Claire Blacker	Low	Studio 1
6:00pm	Spin	Nigel Stagg	High	Spin Studio
6:25pm	Body Balance	Claire Blacker	Low	Studio 2
6:30pm	Abs Blast (30 mis)	Louise Winterburn	High	Studio 1
7:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
7:15pm	Body Pump	Chris Stafford	High	Studio 1
7:30pm	Circle Pilates	Nigel Stagg	Low	Studio 2

## FRIDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:30am	Vinyasa Yoga	Donna Joyce	Low	Studio 2
6:45am	Spin	Claire Rowland	High	Spin Studio
7:00am	Bootcamp	Gym Instructor	High	Bootcamp Studio
8:00am	Virtual Spin	n/a	High	n/a
9:15am	Aqua Combat	Harjinder Sandhu	Low	Pool
9:30am	Body Pump	Ashton Phillips-Morrin	High	Studio 1
9:45am	Body Balance	Kerry Hyde	Low	Studio 2
10:15am	Spin	Harjinder Sandhu	High	Spin Studio
10:30am	Zumba	Rosa Collier-Wraith	High	Studio 1
11:15am	Pilates	Fiona Nunns	Low	Studio 2
11:30am	Body Combat	Sally Meikle-Janney	High	Studio 1
12:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
12:15pm	Vinyasa Yoga	Donna Joyce	Low	Studio 2
12:15pm	Spin	Sam Battiste	High	Spin Studio
12:30pm	Mature Movers	Fiona Nunns	Low	Studio 1
5:30pm	Zumba	Katie Bostock	High	Studio 1
5:45pm	Spin	Holly Rio-Gardiner	High	Spin Studio
6:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
6:30pm	Hatha Yoga	Marie-Claire Cossey	Low	Studio 2

## SATURDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
8:30am	Spin	Jamie Siddons	High	Spin Studio
9:00am	Pilates	Julie Lee	Low	Studio 2
9:30am	Body Pump	Katie Bostock	High	Studio 1
10:00am	Yoga	Julie Lee	Low	Studio 2
10:00am	Spin	Jamie Siddons	High	Spin Studio
10:30am	Body Combat	Katie Bostock	High	Studio 1
11:00am	Bootcamp	Gym Instructor	High	Bootcamp Studio
11:30am	Clubbercise	Mel Capone	High	Studio 1
2:00pm	Virtual Spin	n/a	High	n/a
5:00pm	Virtual Spin	n/a	High	n/a

## SUNDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
8:00am	Spin	Justin Wood	High	Spin Studio
8:45am	Dance Aerobics	Matthew Brammer	High	Studio 1
9:00am	Bootcamp	Alison Wells	High	Bootcamp Studio
9:35am	Legs, Bums and Tums	Karen Woodhouse	High	Studio 1
9:45am	Hatha Yoga	Silvia Jalmokaite	Low	Studio 2
10:00am	Spin	Alison Wells	High	Spin Studio
10:30am	Hiit (45mins)	Karen Woodhouse	High	Studio 1
11:30am	Body Balance	Amanda Sykes	Low	Studio 2
12:30pm	Les Mills Core (30mins)	Amanda Sykes	High	Studio 1
3:00pm	Virtual Spin	n/a	High	n/a

## KIDS TIMETABLE

DAY	TIME	CLASS	TRAINER	LOCATION
Monday	4:30pm	Family Circuit 5yr+	Ellie Looker	Studio 1
Monday	5:45pm	Family Bootcamp 8yr+	Ellie Looker	Bootcamp Studio
Tuesday	4:30pm	Family Clubbercise 7yr+	Alex Battiste	Studio 1
Tuesday	5:00pm	Kids Box12 Age 12-15	Gym Instructor	Box12 Studio
Tuesday	5:30pm	Born to Move Age 8-12	Ellie Looker	Party Room
Thursday	5:00pm	Kids Box12 Age 12-15	Gym Instructor	Box12 Studio
Thursday	5:00pm	Born to Move Age 4-6	Ellie Looker	Party Room
Thursday	6:00pm	Family Bootcamp Age 8+	Ellie Looker	Bootcamp Studio
Friday	5:30pm	Kids Dance Age 5+	Katie Sutton	Studio 2
Saturday	10:00am	Born to Move Age 4-6	Fiona Noonan	Party Room
Saturday	11:00am	Ballet Age 5-15	Fiona Noonan	Studio 2
Saturday	12:00pm	Kids Box12 Age 12-15	Gym Instructor	Box12 Studio
Sunday	10:00am	Family Bootcamp	Ellie Looker	Bootcamp Studio
Sunday	11:00am	Family Spin Age 12yr+	Ellie Looker	Spin Studio
Sunday	11:45am	Family Circuit Age 5yr+	Amy Hutchinson	Studio 1