

# 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  | Body Combat       | 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            |
| 12:15pm | 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        |
| 12:45pm | Spin              | Alison Wells          | High   | Spin Studio     |
| 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  | Spin              | Martha                | High   | Spin Studio     |
| 7:00pm  | Bootcamp          | Gym Instructor        | High   | Bootcamp 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     |
| 6:30am  | Body Pump            | Chris Stafford         | High   | Studio 1        |
| 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        |
| 11:00am | Aqua Zumba           | Claire Freeman         | Low    | Pool            |
| 11:15am | Tai Chi              | Jackie Johnson         | Low    | Studio 2        |
| 11:30am | Zumba                | 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        |
| 1:30pm  | Strictlycize         | Emma Kitching          | High   | Studio 1        |
| 5:30pm  | Zumba                | Rosa Collier-Wraith    | 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        |
| 7:30pm  | Body Attack          | 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             |
| 9:15am  | Aqua                    | Alex Helmsley          | Low    | Pool            |
| 9:30am  | Body Pump (1hr)         | Daniel Moheb Choucri   | High   | Studio 1        |
| 10:15am | Pilates                 | Alex Helmsley          | Low    | Studio 2        |
| 10:30am | Body Combat (1hr)       | Daniel Moheb Choucri   | High   | Studio 1        |
| 11:00am | Spin                    | Martha McLean          | High   | Spin Studio     |
| 11:00am | Aqua Zumba              | Claire Freeman         | Low    | Pool            |
| 11:30am | Aerotone                | 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        |
| 1:00pm  | Dancersize              | Emma Kitching          | High   | Studio 1        |
| 2:00pm  | Over 50's Ballet        | Emma Kitching          |        | 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        |
| 7:40pm  | 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 Inructor      | High   | Bootcamp Studio |
| 7:00am  | Spin                     | Brendan Counce    | High   | Spin Studio     |
| 9:00am  | Clinical 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        |
| 1:00pm  | Tai Chi                  | Jayne Farrell     | Low    | Studio 2        |
| 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     |
| 6:30pm  | Abs Blast (30 mis)       | Louise Winterburn | High   | Studio 1        |
| 6:40pm  | Body Balance             | Claire Blacker    | Low    | Studio 2        |
| 7:00pm  | Bootcamp                 | Gym Instructor    | High   | Bootcamp Studio |
| 7:15pm  | Body Pump                | Chris Stafford    | High   | Studio 1        |
| 7:30pm  | Pilates                  | Nigel Stagg       | Low    | Studio 2        |

## FRIDAY

| TIME    | CLASS           | TRAINER                | IMPACT | LOCATION        |
|---------|-----------------|------------------------|--------|-----------------|
| 6:15am  | Bootcamp        | Gym Instructor         | High   | Bootcamp Studio |
| 6:30am  | Vinyasa Yoga    | Donna Joyce            | Low    | Studio 2        |
| 6:45am  | Spin            | Claire Rowland         | High   | Spin Studio     |
| 8:00am  | Virutal 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  | Les Mills Dance | 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  | Zumba                   | 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 | BigBox Fusion           | Katie Siddons     | 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      |
| Wednesday | 4:15pm  | Familycize 5yr+         | Emma Kitching   | Studio 2        |
| Wednesday | 4:30pm  | Kids Zumba 7yr+         | Matthew Brammer | Studio 1        |
| Thursday  | 5:00pm  | Kids Box12 Age 12-15    | Gym Instructor  | Box12 Studio    |
| Thursday  | 4:45pm  | 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 7-15         | 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        |