

CLASS TIMETABLE

1st – 31st August 2020

Monday

9.30-10.30	Step & Sculpt	Mandy	Grand Union Suite
10.45-11.45	Body Sculpture	Scott	Grand Union Suite
12.00-13.00	Yoga & stretch	Rosemary	The Orchard
18.30-19.30	Total Strength	Rory	Grand Union Suite

Tuesday

9.30-10.30	Step	Mandy	Grand Union Suite
10.45-11.45	Total Strength	Rory	Grand Union Suite
12.30-13.30	Pilates	Kate	Grand Union Suite
18.30-19.30	Body Conditioning	Mandy	Grand Union Suite

Wednesday

9.30-10.30	Aerobics	Emma	Grand Union Suite
10.45-11.30	Fit Steps	Amanda	Grand Union Suite
11.45-12.45	Pilates	Kate	Grand Union Suite
13.15-14.15	Yoga and Meditation	Michelle	The Orchard
18.30-19.30	Total Strength	Emma	Grand Union Suite

Thursday

9.30-10.15	Zumba	Emma	Grand Union Suite
10.30-11.30	Total Strength	Matt	Grand Union Suite
12.00-13.00	Yoga & Stretch	Rosemary	Grand Union Suite
13.15-14.15	Pilates	Michelle	Grand Union Suite
18.30-19.30	Legs, Bums & Tums	Mandy	Grand Union Suite

Friday

9.30-10.30	Body Sculpture	Matt	Grand Union Suite
10.45-11.45	Dance Fusion	Anna	Grand Union Suite
12.00-13.00	Mindful Yoga	Fiona	The Orchard
18.30-19.30	Pilates	Kate	Grand Union Suite

Saturday

9.30 -10.30	Outdoor bootcamp	Matt	Tennis courts
10.00-11.00	Step & Sculpt	Mandy	Grand Union Suite
11.15-12.15	Legs, Bums & Tums	Mandy	Grand Union Suite
12.30-13.30	Precision Strength	Jon	Grand Union Suite
14.30-15.30	Mindful Yoga	Victoria	The Orchard

Sunday

9.00-10.00	Mindful Yoga	Victoria	The Orchard
11.00-12.00	Outdoor Bootcamp	Gym Team	Tennis courts