

# Group Exercise Timetable 2021



**Class bookings can be made online up to 7 days in advance.**

*200+ Virtual classes can be played upon request given that the studio's are available*

Monday	Tuesday	Wednesday	Friday
09.30-10.15 Spin 10.45-11.45 Pilates 18:00-18:45 HIIT step 19.00-19.45 Spin 19:00-20:00 Pilates	Nicki Jenny Nicki Nicki Jenny	09.15-10.15 Pilates mini ball 10.45-11.45 Tai Chi 18:00-18:45 Body Pump 19.00-20.00 Han Man Du 19:00-19:45 Spin	Jenny Mai Lai Elaine John Turner
09.30-10.15 Spin 10.45-11.45 Pilates 18:00-18:45 HIIT step 19.00-19.45 Spin 19:00-20:00 Pilates	Nicki Jenny Nicki Nicki Jenny	09.15-10.15 Pilates mini ball 10.45-11.45 Tai Chi 18:00-18:45 Body Pump 19.00-20.00 Han Man Du 19:00-19:45 Spin	Jenny Mai Lai Elaine John Turner
09.30-10.30 Yoga 18:00-19.00 Circuits 19.00-20.00 * Female defence 20.00-21.00 * Street Smart	Jonny John T John T	09.30-10:15 Dance & Tone 09:30-10:15 Virtual Spin 18:00-19:00 Bootcamp	Jenny Jonny
*These classes are on the first week of the month	*These classes are on the first week of the month	06:30-07:00 Virtual Spin 09:30-10:15 Zumba	Nicki Boot camp Virtual Pilates Virtual Pure Stretch Virtual Yoga Spin Virtual Abs Blast Virtual Pilates Virtual Yoga
09.30-10.30 Yoga 18:00-19.00 Circuits 19.00-20.00 * Female defence 20.00-21.00 * Street Smart	Jonny John T John T	09.30-10:15 Dance & Tone 09:30-10:15 Virtual Spin 18:00-19:00 Bootcamp	Nicki Boot camp Virtual Pilates Virtual Pure Stretch Virtual Yoga Spin Virtual Abs Blast Virtual Pilates Virtual Yoga
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