

# Group Exercise Timetable 2020

Class bookings can be made from  
6am on weekdays and 7.30am at  
weekends, 7 days in  
advance by phone or email.



<p><b>Monday</b></p> <p>06:30-07:00 Virtual Spin 09:30-10:15 Spin Ryan 09:30-10:30 Pilates Jenny 10:45-11:45 Yoga Nicky Bruce 12:00-13:00 Gentle Fitness Katie S 13:00-14:00 Tai Chi Mai Lai 18:00-18:45 HIIT step Nicki 18:45-19:30 Piyo Jenny 19:00-19:45 Spin Nicki 19:30-20:30 Pilates Jenny</p>	<p><b>Wednesday</b></p> <p>06:30-07:00 Spin Dan 07:00-07:30 Bodyattack Dan 09:15-10:15 Yoga Caroline 09:30-10:30 Aqua Joanna 10:30-11:30 Pilates Caroline 11.45-12.45 Tai Chi Mai Lai 13.00-14.00 Advanced Tai Chi Mai Lai 18:00-18:45 Bootcamp Jonny 19:00-19:45 Female Self Defence John T 19:00-19:45 Spin John T 19.45-20:30 Han Mu Do John T</p>	<p><b>Friday</b></p> <p>06:30-07:00 Virtual Spin 09:30-10:15 Spin Elaine 09.30-10.30 Aqua Katie S 09:30-10:30 Zumba Joanna 10.30-11.30 Body Balance Elaine 11.45-12.45 Advanced Tai Chi Mai Lai 18.00-18.45 Kettle Bells Jonny</p>
<p><b>Tuesday</b></p> <p>06:30-07:00 Express Spin 09:30-10:30 Virtual Spin 09:30-10:30 Body Pump Elaine 10:40-11:30 Body Balance Elaine 18:00-19:00 Circuits Jonny 19:00-19:45 Spin</p>	<p><b>Thursday</b></p> <p>06:30-07:00 Express Spin 09:30-10:30 Piyo Jenny 09:30-10:15 Virtual Spin 12:30-13:15 Virtual Yoga 18:00-19:00 Body Pump Elaine 19:00-20:00 Body Balance Elaine</p>	<p><b>Saturday</b></p> <p>09:00-10:00 Bootcamp Nicki 10:00-10:30 Virtual Pilates 10:30-10:45 Virtual Pure Stretch 18:00-18:45 Virtual Yoga</p> <p><b>Sunday</b></p> <p>09:00-09.45 Spin 10.30-11.30 Virtual Abs Blast 12.00-13.00 Virtual Pilates 13.30-14.30 Virtual Yoga</p>