

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
am	9.15 – 10.15	Body Pump Carly	9.15 – 10.10	Zumba Holly	8.15 – 9.10	Pilates Angela	8.30 – 9.20	Pilates Angela	8.30 – 9.30	Pilates Angela				
	10.20 – 11.10	Pilates Sarah	9.15 – 10.00	Studio Cycling Carly	9.15 – 10.15	Body Attack Holly	9.30 – 10.30	Pilates Angela	9.30 – 10.15	Studio Cycling Stacey	8.45 – 9.00	Body Pump Tech Lizzie	9.30 – 10.15	Studio Cycling Tracey
	11.00 – 11.45	Aqua Aerobics Anita	9.45 – 10.30	Aqua Aerobics Melanie			9.45 – 10.30	Aqua Aerobics Anita	9.45 – 10.45	Body Pump Angela	9.00 – 10.00	Body Pump Lizzie	10.30–11.30	Aerobics Tracey
	11.11–12.05	Pilates Sarah	10.15 – 11.15	Body Combat Holly	10.15 – 11.00	Studio Cycling Helen	10.35 – 11.30	Body Combat Holly			9.00 – 9.45	Studio Cycling Tracey		
	10.30- 11.15	Studio Cycling Carly			10.30 – 11.30	Body Balance Carly	10.30 – 10.45	Studio Cycling intro stacy	10.00 – 10.45	Aqua Aerobics zues	10.05–11.05	Body Balance Lizzie		
lunch			11.30 – 12.30	Body Pump Lizzie	11.45 – 12.40	Yoga Alison	10.45 – 11.30	Studio Cycling Stacey	11.00 – 12.00	Body Balance Trisha	11.00 – 12.00	Teen Cardio 12- 15yrs – Gym		
					12.30 – 13.15	Aqua Aerobics Anita	11.45 – 12.45	LBT Stacey						
	12.15 – 13.15	Yoga Andy	12:45 – 13:45	Pilates Gail	12.45 – 13.40	Zumba Judy Sawyer			12.30 – 13.30	Zumba Ingrid				
	13.30 – 14.30	LBT Stacey			16.00 – 17.00	Studio Madness 4 – 7yrs Studio								
	16.30 – 17.30	Teen Cardio 12- 15yrs – Gym	17.00 – 18.00	Teen Cardio 12- 15yrs – Gym	17.00 – 18.00	Teen Cardio 12- 15yrs – Gym	16.00 – 17.00	Fit Kids – 12 yrs – Studio						
pm	18.00 – 18.15	Body Pump Technique	18.00-18.55	Yoga Ingrid	18.00 – 19.00	Body Pump Carly	17.30 – 18.30	Pilates Judi P	18.00 – 19.00	Body Balance Angela				
	18.15 – 19.15	Body Pump Carly			17:45 – 18:00	Studio Cycling Intro Stacey	18.30 – 19.30	Zumba Ingrid	18.00 – 18.45	Studio Cycling Helen				
			19.00 – 19.45	Studio Cycling Tricia	18.00 – 18.45	Studio Cycling Stacey	18.30 – 19.15	Studio Cycling Tricia						
	19.00 – 19.45	Studio Cycling Helen	19.00 – 19.55	20/20/20 Tracey	19.05 – 19.55	Body Attack Carly	18.45 – 19.30	Aqua Aerobics Judi P						
	19.30 – 20.30	Body Combat Holly	20.00 – 21.00	Zumba Tracey	19.00 – 19.45	Studio Cycling Tracey	19.30 – 20.30	Total Core Conditioning Ingrid						
					20.00 – 21.00	Pilates Sarah								

**Example
Studio
Timetable**