

FITNESS TIMETABLE

MONDAY	HIIT MIKE PRICE 7 - 7.40AM	AQUA AREOBICS LISA READING 9.30 - 10.15 (INDOOR POOL)	BODY PUMP MIKE PRICE 9.30 - 10.30AM	LOW IMPACT CARDIO LISA READING 10.30 - 11.15AM	INTELLENT CYCLING MIKE PRICE 11.30 - 12.30PM	CX WORKX MIKE PRICE 1 - 1.30PM	BLEEP TEST BERNIE PATTERSON 2 - 2.30PM (OUTDOORS)	YOGA LAURA MASS 4.40 - 5.40PM	INTELLENT CYCLING BERNIE PATTERSON 6 - 7PM	BOOT CAMP 7 - 7.45PM
TUESDAY	INTELLENT CYCLING MIKE PRICE 7 - 8AM	BODY COMBAT MIKE PRICE 9.30 - 10.15AM	CORE & BACK CARE ALEX BIRD 10.30 - 11.10AM	CX WORKX MIKE PRICE 11.30 - 12PM	CORE MOBILITY/ STRETCH GURJ JOHAL 12.30 - 1.10PM	BODY COMBAT MIKE PRICE 12.30 - 1.15PM *OUTDOORS*	YOGA LISA READING 4.30 - 5.30PM	JUNIOR CYCLING MIKE PRICE 2 - 2.45PM 12-18 YEARS	KEISER CYCLING LISA READING 6 - 6.45PM	LEGS, BUMS & TUMS LISA READING 7 - 7.45PM
WEDNESDAY	CYCLING CIRCUITS GURJ JOHAL 7 - 7.45AM	AQUA AREOBICS LISA READING 9.30 - 10.15AM (INDOOR POOL)	CORE MOBILITY GURJ JOHAL 9.30 - 10.15AM	KEISER CYCLING LISA READING 10.30 - 11.15AM	YOGA LAURA MASS 12.30 - 1.30PM	TABATA BERNIE PATTERSON 1 - 1.30PM *OUTDOORS*	CHILD & PARENT HIIT LISA READING 2 - 2.30PM 12-18 YEARS	BODY PUMP BERNIE PATTERSON 6 - 6.45PM	HIIT CIRCUITS ALEX BIRD 7 - 7.45PM	
THURSDAY	BODY PUMP MIKE PRICE 7 - 7.45AM	CX WORKX MIKE PRICE 8 - 8.40AM	BODY ATTACK MIKE PRICE 9.30 - 10.30AM	LOW IMOACT CARDIO LISA READING 10.45 - 11.30AM	YOGA LISA READING 11.45 - 12.45PM	TABATA BERNIE PATTERSON 1 - 1.30PM *OUTDOORS*	CHILD & PARENT YOGA LISA READING 2 - 2.30PM 12-18 YEARS	CYCLING CIRCUITS GURJ JOHAL 6 - 6.45PM	BOOTCAMP BERNIE PATTERSON 7 - 7.45PM	
FRIDAY	VIDEO CYCLING MIKE PRICE 7 - 7.30AM	BODY PUMP MIKE PRICE 9.15 - 10.15PM	AQUA AREOBICS BERNIE PATTERSON 9.30 - 10.15AM (INDOOR POOL)	INTELLENT CYCLING MIKE PRICE 10.30 - 11.30AM	CX WORKX MIKE PRICE 11.45 - 12.25PM	LOW IMPACT CARDIO LISA READING 12.45 - 1.30PM	BODY ATTACK MIKE PRICE 1 - 1.45PM *OUTDOORS*	KEISER CYCLING ALEX BIRD 6 - 6.45PM		
SATURDAY	BODY COMBAT MIKE PRICE 8 - 8.45AM	INTELLENT CYCLING MIKE PRICE 9 - 10AM	BODY PUMP MIKE PRICE 10.30 - 11.30AM	CX WORKX MIKE PRICE 12 - 12.40PM	INTELLENT CYLING MIKE PRICE 2 - 3PM	STRETCH & RELAX FITNESS TEAM 3.30 - 4.10PM				
SUNDAY	HIIT BERNIE PATTERSON 8 - 8.30AM	INTELLENT CYCLING BERNIE PATTERSON 9 - 10AM	ABS & CORE BLAST ALEX BIRD 10.30 - 11AM	CORE STABILITY FITNESS TEAM 1 - 1.45PM						