

Studio Timetable July – September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LBT 08:55-09:40 Zoe ●	Body Pump 09:30-10:30 LES MILLS Martine ●	Aqua Aerobics 09:00-09:45 Debra ●	Studio Cycling 06:30-07:15 Zoe ●	Aqua Zumba 09:00-09:45 Debra ●	Metafit 08:15-08:45 Will ●	Body Balance 08:15-09:15 LES MILLS Tracy ●
Body Attack 09:45-10:30 LES MILLS Natasha ●	Crunch! 10:35-11:05 Martine ●	Studio Cycling 09:00-09:45 Zoe ●	Studio Cycling 09:10-09:55 Zoe ●	Sculpt and tone 09:00-09:45 Tracey G ●	Body Combat 09:00-10:00 LES MILLS Lisa ●	Studio Cycling 09:00-09:45 Lisa ●
Pilates 10:40-11:40 Lynn ●	Aqua Zumba 10:00-10:45 Gemma ●	HITT Strong 9.15 – 9.45 Stacey ●	Iyengar Yoga 09:00-09:45 Gerry ●	Body Combat 09:45-10:45 LES MILLS Kim ●	Studio Cycling 10:00-10:45 Tom ●	Functional Training* 09:15-10:00 Mark ●
Studio Cycling 10:45-11:30 Melissa ●	Beginners Studio Cycling 10:30-11:15 Lynn ●	Zumba 10:00-11:00 Gemma ●	Aqua Fit 09:50-10:35 Gemma ●	Express Studio Cycling 11:00-11:30 Lisa ●	Body Pump 10:05-11:05 LES MILLS Tracy ●	Body Combat 10:00-11:00 LES MILLS Lisa ●
Easy Fit 11:45-12:15 Lynn ●	Pilates 11:20-12:20 Lynn ●	Hatha Yoga 11.15 – 12.00 Julia ●	Body Pump 10.00 – 10.55 LES MILLS Martine ●	Iyengar yoga 10:45-11:45 Gerry ●	Pilates 11:10-12:10 Lynn ●	
Fitness Crew (juniors) 16:00-16:45 Fitness team ●	Body Attack 17:45-18:30 LES MILLS Katie ●	Fitness Crew (juniors) 16:00-16:45 Fitness team ●	Pilates 11:00-12:00 Lynn ●	Pump FX 17:30-18:15 Tracey G ●		
Body Pump 17:30-18:30 LES MILLS Tracy ●	Body Conditioning 18:35-19:25 LES MILLS Lisa ●	Metafit 17:30-18:00 LES MILLS Will ●	Easy Fit 12:00-12:30 Lynn ●	Pilates 18:15-19:00 Lynn ●		
Body Combat 18:35-19:35 LES MILLS Lisa C ●	Studio Cycling 18:00-18:45 Zoe ●	Body Combat 18:00-19:00 LES MILLS Lisa M ●	Weighted Circuits 17:30-18:15 Emma ●			
Studio Cycling 17:55-18:40 Lisa M ●	Aqua Aerobics 18:50-19:35 Zoe ●	Strength & Conditioning 18:15-18:55 Tom ●	Studio Cycling 18:00-18:45 Zoe ●			
Studio Cycling 18:45-19:30 Lisa M ●	Body Pump 19:30-20:15 LES MILLS Tracy ●	Clubbercise 19:00-19:45 Jess ●	Body Attack 18:15-19:00 LES MILLS Laura ●			
Metafit 19.35-20:05 Will ●	Body Balance 20:15-21:00 LES MILLS Tracy ●	HITT Strong 19:45-20:15 Stacey ●	Hatha Yoga*** 18:30-19:30 Atim ●			
			HIIT Strong 19:05-19:35 Lisa ●			
			Aqua Aerobics 18:50-19:35 Zoe ●			



- Cardio
- Strength
- Flexibility
- Low impact
- Pool based
- HIIT

* functional training is on gym floor
 *** Hatha yoga in Boathouse

Also be sure to check the small group training sessions held daily in the gym