

# Studio Timetable October - December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LBT</b> 08:55-09:40 Zoe ●	<b>Bootcamp</b> 06:15-07:00 Will ●	<b>Aqua Aerobics</b> 09:00-09:45 Debra ●	<b>Studio Cycling</b> 06:30-07:15 Zoe ●	<b>Aqua Zumba</b> 09:00-09:45 Debra ●	<b>Metafit</b> 08:15-08:45 Will ●	<b>Body Balance</b> 08:15-09:15 LES MILLS Tracy ●
<b>Aqua Aerobics</b> 09:00-09:45 Lisa ●	<b>Body Pump</b> 09:30-10:30 LES MILLS Martine ●	<b>Studio Cycling</b> 09:00-09:45 Zoe ●	<b>Iyengar Yoga</b> 09:00-09:45 Gerry ●	<b>Sculpt and tone</b> 09:00-09:45 Tracey G ●	<b>Body Combat</b> 09:00-10:00 LES MILLS Lisa ●	<b>Studio Cycling</b> 09:00-09:45 Lisa ●
<b>Body Attack</b> 09:45-10:30 LES MILLS Natasha ●	<b>Crunch!</b> 10:35-11:05 Martine ●	<b>HIIT Strong</b> 09:15-09:45 Stacey ●	<b>Studio Cycling</b> 09:10-09:55 Zoe ●	<b>Body Combat</b> 09:45-10:45 LES MILLS Karen ●	<b>Studio Cycling</b> 10:00-10:45 Tom ●	<b>Functional Training*</b> 09:15-10:00 Mark ●
<b>Pilates</b> 10:40-11:40 Lynn ●	<b>Aqua Zumba</b> 10:00-10:45 Gemma ●	<b>Zumba</b> 10:00-11:00 Gemma ●	<b>Pump</b> 10:00-10:55 LES MILLS Martine ●	<b>Express Studio Cycling</b> 10:00-10:30 Tracey G ●	<b>Body Pump</b> 10:05-11:05 LES MILLS Tracy ●	<b>Body Combat</b> 10:00-11:00 LES MILLS Lisa ●
<b>Studio Cycling</b> 10:45-11:30 Melissa ●	<b>Beginners Studio Cycling</b> 10:30-11:15 Lynn ●	<b>Hatha Yoga</b> 11.15 - 12.00 Julia ●	<b>Aqua Fit</b> 09:50-10:35 Gemma ●	<b>Iyengar yoga</b> 10:45-11:45 Gerry ●	<b>Pilates</b> 11:10-12:10 Lynn ●	
<b>Easy Fit</b> 11:45-12:15 Lynn ●	<b>Pilates</b> 11:20-12:20 Lynn ●	<b>Fitness Crew (juniors)</b> 16:00-16:45 Fitness team ●	<b>Pilates</b> 11:00-12:00 Lynn ●	<b>Pump FX</b> 17:30-18:15 Tracey G ●		
<b>Fitness Crew (juniors)</b> 16:00-16:45 Fitness team ●	<b>Body Attack</b> 17:45-18:30 LES MILLS Katie ●	<b>Metafit</b> 17:30-18:00 Will ●	<b>Easy Fit</b> 12:00-12:30 Lynn ●			
<b>Body Pump</b> 17:30-18:30 LES MILLS Tracy ●	<b>Studio Cycling</b> 18:00-18:45 Zoe ●	<b>Body Combat</b> 18:00-19:00 LES MILLS Lisa M ●	<b>Power Circuits</b> 17:30-18:15 Emma ●			
<b>Body Balance</b> 18:35-19:20 LES MILLS Tracy ●	<b>Aqua Aerobics</b> 18:50-19:35 Zoe ●	<b>Strength &amp; Conditioning</b> 18:15-18:55 Tom ●	<b>Studio Cycling</b> 18:00-18:45 Melissa ●			
<b>Studio Cycling</b> 17:55-18:40 Lisa M ●	<b>Body Pump</b> 18:40-19:40 LES MILLS Tracy ●	<b>Studio Cycling</b> 19:00-19:45 Curtis ●	<b>Body Attack</b> 18:15-19:00 LES MILLS Laura ●			
<b>Studio Cycling</b> 18:45-19:30 Lisa M ●	<b>Body Balance</b> 19:45-20:45 LES MILLS Tracy ●	<b>Clubbercise</b> 19:00-19:45 Jess ●	<b>Hatha Yoga**</b> 18:30-19:30 Atim ●			
<b>Metafit***</b> 19:35-20:05 Will ●		<b>Crunch!</b> 19:45-20:15 Jess ●	<b>Aqua Aerobics</b> 18:45-19:30 Lisa ●			
<b>Body Combat</b> 19:20-20:20 LES MILLS Lisa C ●	Also be sure to check the small group training sessions held daily in the gym		<b>HIIT Strong</b> 19:05-19:35 Laura ●			



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

\*\* - Hatha yoga held in the Boat House  
 \*\*\* - Metafit held in Studio 2