



Summer Vacation Fitness Class Timetable Monday 11th June – Sunday 29th July 2018

	Morning			Lunchtime				Afternoon/Evening			
MONDAY		Cycle Fit 08.05-08.45 Studio 1 Team		Virtual Yoga Flow 12.10-12.45 Studio 1	Studio Pump 12.10-12.50 Studio 2 Clare	Functional Circuits 13.10-13.40 GYM Team		Cardio Kick & Core 17.10-17.55 Studio 2 Irina	Virtual Interval Fitness 18.10-18.50 Studio 1	Freestyle Fitness Yoga 18.10-18.55 Studio 2 Tracy	Virtual Cycle Induro 19.00-19.55 Studio 1
TUESDAY	Virtual Yoga Transform 07.05-07.40 Studio 1	Kettlebell Workout 08.10-08.40 GYM Team		Cycle Fit 12.10-12.45 Studio 1 Team	Zumba Fitness 12.10-12.50 Studio 2 Chloe & Francesca	Core & Stability 13.15-13.45 Studio 2 Craig	Summer Tone 14.10-14.40 GYM Chester	BoxFit 17.10-17.55 Studio 2 Chester	Virtual Killer Abs 17.10-17.50 Studio 1	Virtual Plyoga 18.10-18.50 Studio 1	Pilates 18.10-18.55 Studio 2 Jo
WEDNESDAY	Virtual Cycle Express 07.05-07.45 Studio 1	Box Circuits 08.10-08.40 GYM Chester	Virtual Yoga Flow 10.10-10.50 Studio 1	Cycle Fit 12.10-12.45 Studio 1 Craig	STEP for Everyone 12.10-12.50 Studio 2 Denise	Virtual Yoga Flow 13.10-13.45 Studio 1		HIIT 15.10-15.40 GYM James M	Bootcamp Summer Challenge 17.10-17.50 Meet at reception James M	Legs, Bums & Tums 18.10-18.55 Studio 2 Denise	
THURSDAY		Virtual Cycle Express 08.05-08.45 Studio 1		Virtual Yoga* Transform 12.10-12.45 Studio 1	'3-2-1' 12.10-12.50 Studio 2 Denise	Yoga 13.10-13.50 Studio 2 Rod	HIIT 14.10-14.40 GYM James M	Circuit Training 17.10-17.50 Studio 2 Team	Virtual Plyoga 17.10-17.50 Studio 1	Cycle Fit Express 18.15-18.45 Studio 1 James M	
FRIDAY	Functional Circuits 07.10-07.40 GYM Team	Cycle Fit 08.05-08.45 Studio 1 Team		Body Blast 12.15-12.45 Studio 2 Tracy	Freestyle Fitness Yoga 13.10-13.50 Studio 2 Tracy	Virtual Cycle Express 13.10-13.50 Studio 1		Freestyle Fitness Yoga 17.10-17.55 Studio 1 Tracy		Insanity 18.05-18.55 Studio 2 Clare	
SATURDAY		Virtual Cycle Express 9.10-9.50 Studio 1						Virtual Yoga Transform 15.00-15.50 Studio 1			
SUNDAY			Pilates 10.10-10.55 Studio 2 Irina					Virtual Cycle Induro 15.00-15.55 Studio 1			

*Thurs 12.10pm Supported Class – Instructor is on hand throughout this class
(Off Peak – Morning & Lunchtime classes; Peak – Afternoon & Evening classes)