

Bank Holiday Monday Timetable 27th May 2019



09:00-09:30	GYM CORE	1-3	TEAM
09:15-10:00	KONGA*	1-3	Lily
09:30-10:15	GROUP CYCLE*	1-2	Stefan
09:30-10:25	BARRE CONCEPT	1-2	Vanessa
09:45-10:15	FUNCTIONAL TRAINING	3	Katie
10:05-11:00	TOTAL BODY WORKOUT	2-3	Lily
10:30-11:20	GROUP CYCLE - RAMP TEST	1-3	Tom
10:30-11:25	PILATES	1-2	Vanessa
11:30-12:20	BOXING CIRCUITS*	1-3	Tom
11:35-12:45	GENTLE FLOW VINYASA YOGA	1-2	Julia