

# Bank Holiday Monday Timetable 26<sup>th</sup> August 2019



08:40-09:30	BARRE CONCEPT	1-2	Caroline G
09:00-09:30	GYM CORE	1-3	TEAM
09:15-10:00	STREET-BOX*	1-3	Lily
09:30-10:15	GROUP CYCLE*	1-2	Kathy
09:35-10:30	PILATES	1-2	Caroline G
09:45-10:30	BOOTCAMP	3	Tom
10:05-11:00	TOTAL BODY WORKOUT	2-3	Lily
10:30-11:20	GROUP CYCLE - RAMP TEST	1-3	Stefan
11:35-12:25	GROUP CYCLE - COACH BY COLOUR	1-3	Stefan
18:30-19:00	GYM CORE*	1-3	Tom