

Class Timetable

<u>Day/Time</u>	<u>Mon</u>	<u>Tues</u>		<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
<u>6.15-6.45am</u>	30 Min Spin Ade	30 Min Quest- Express Ryan	30 Min Quest- Express Cath	30 Min Spin Laurie	30 Min Quest- Express Ryan		
<u>9.30-10.30am</u>	Legs, Bums & Tums Ade	30 Min Quest-Express Ryan	Kettlercise Deb	30 Min Quest- Express Laurie	Bootcamp Circuits Ade	9-10am Body Circuits Lisa	Circuits Bunny
<u>10.30-11.15am</u>	Spin Ade				Spin Ade	10am Outdoor Saturday Morning run	
<u>5-6pm Kids</u>	Football Ages 5-10 £4 Jess			Football Ages 5-10 £4 Jess			
<u>5.30-6pm</u>	30 Min Quest -Express Cath		30 Min Quest Express Ade		30 Min Quest -Express Laurie		
<u>6-7pm</u>	6.15-7pm Spin (iQniter Only) Laurie	Bootcamp Ade	Kettlercise Deb	Bootcamp Sian	45Min Spin (iQniter Only) Ade		
<u>7-8pm</u>	Pump Laurie		45 Min Spin Laurie	Body Circuits Lisa			