

class schedule w/c 4<sup>th</sup> July 2022



MONDAY			
06:15	WAKE UP YOGA	Jim	Mustang
09:00	SPIN 30	Jo	Spin
09:30	CARDIO COMBAT	Carolyn	Venom
10:30	CORE	Jo	Mustang
10:30	ACTIVE STRENGTH	Elaine	Venom
11:15	PILATES	Elaine	Mustang
17:45	HIIT	Kim	Venom
17:45	KONGA	Jo	Mustang
18:15	SPIN 30	Kim	Spin
18:30	DYNAMIC PUMP	Steffi	Venom
19:00	PILATES	Fran	Mustang
19:15	SPIN 45	Jamie	Spin
19:15	COMMERCIAL DANCE	Tabby	Dakota
WEDNESDAY			
09:00	SPIN 30	Elaine	Spin
09:00	KONGA	Jo	Mustang
09:45	DYNAMIC PUMP	Jo	Venom
10:30	PILATES	Elaine	Mustang
12:30	SPIN 30	Steffi	Spin
18:00	SPIN 30	Sam	Spin
18:00	ZUMBA	Steffi	Mustang
18:00	TOTAL BODY WORKOUT	Calum	Venom
18.45	SPIN 30	Calum	Spin
19:00	PILATES	Anthea	Mustang
FRIDAY			
06:30	WAKE UP WOD	Sam	Venom/Gym
09:00	SPIN 30	Anthea	Spin
09:30	TOTAL BODY WORKOUT	Anthea	Venom
09:45	AEROBICS	Christine	Mustang
10:30	PILATES	Christine	Mustang
17:45	DYNAMIC PUMP	Steffi	Venom
18:30	SPIN 30	Kim	Spin

TUESDAY			
06:30	SPIN 30	Sam	Spin
09:00	SPIN 30	Kim	Spin
09:30	BODY CONDITIONING	Anthea	Mustang
10:15	ACTIVE MOBILITY	Elaine	Venom
11.15	SEATED ACTIVE MOBILITY	Elaine	Venom
12.30	YOGALATES	Steffi	Mustang
17:45	SPIN 30	Steffi	Spin
17:45	DANCE FIT	Hayley	Mustang
18:00	KETTLEBELLS	Calum	Venom
18:30	CORE	Jo	Mustang
18:30	SPIN 45	Calum	Spin
18:30	STRONG 45	Lisa	Venom
THURSDAY			
09:00	SPIN 30	Anthea	Spin
09:30	ZUMBA	Steffi	Mustang
09:30	STRONG	Lisa	Venom
10:30	PILATES	Christine	Mustang
14.00	*TAI CHI	Tony	Mustang
17:45	SPIN 30	Jo	Spin
18:00	DANCE FIT	Kirsty	Mustang
18:00	BOX FIT	Kim	Venom
18:45	VINYASA FLOW YOGA	Hannah	Mustang
18:45	PERFORMANCE SPIN	Carl	Spin
19.00	LEVEL UP	Tabby/Jess	Venom
SATURDAY			
08:45	SPIN 45	Kim	Spin
09:30	DANCE FIT	Tabby	Mustang
10:15	BODY CONDITIONING	Anthea	Mustang
SUNDAY			
08:30	WAKE UP WOD	Sam	Venom/Gym
09:30	SPIN 30	Elaine	Spin
10:00	PILATES	Elaine	Mustang

**\* Speciality classes.  
£5 supplement per class.**

**PLEASE** remember to cancel classes you can no longer attend giving as much notice as possible. Access to class bookings will be removed for non-attendance