CLASS SCHEDULE – 3rd June

MONDAY

06:15-07:00	WAKE UP YOGA	Jim	Mustang
08:45-09:30	DYNAMIC PUMP	Steffi	Venom
09:30-10:00	SPIN 30	Steffi	Spin
09:30-10:15	CARDIO COMBAT	Carolyn	Venom
10:30-11:15	ACTIVE STRENGTH	Elaine	Venom
11:15-12:00	PILATES	Elaine	Mustang
12.30-13.00	KETTLEBELLS	Kim	Venom
17.30-18.15	CARDIO COMBAT	Jo	Venom
17:45-18:30	DANCE FIT	Kirsty	Mustang
18:15-18:45	CORE	Jo	Venom
18:00-18:30	SPIN 30	Alfie	Spin
18:00-19:00	HIP HOP DANCE	Tabby	Dakota
18:30-19:15	SPIN 45	Kim	Spin
18:45-19:30	DYNAMIC PUMP	Steffi	Venom
19:00-19:45	PILATES	Tabby	Mustang
19:00-20:00	JAZZ DANCE	Pip	Dakota

TUESDAY

06:30-07:00	SPIN 30	Anthea	Spin
09:00-09:30	SPIN 30	Elaine	Spin
09:30-10:15	TOTAL BODY WORKOUT	Kim	Venom
09:45-10:30	DANCE FIT	Tabby	Mustang
10:30-11:10	ACTIVE MOBILITY	Elaine	Venom
11.15-11:55	SEATED MOBILITY	Elaine	Venom
12:30-13:15	PILATES	Christine	Mustang
17:45-18:15	SPIN 30	Steffi	Spin
17:45-18:30	DANCE FIT	Connie	Mustang
18:00-18:30	KETTLEBELLS	Calum	Venom
18:15-19:00	BARRE CONDITIONING	Caitlin	Dakota
18:30-19:15	STRONG 45	Lisa	Venom
18:30-19.00	SPIN 30	Calum	Spin
19:00-20:00	LATIN DANCE	Caitlin	Dakota
19:15-20:15	FITNESS YOGA	Jim	Mustang

WEDNESDAY

06:15-07:00	WAKE UP YOGA	Jim	Mustang
09:00-09:30	CORE	Jo	Venom
09:30-10:00	SPIN 30	Kim	Spin
09:45-10:30	DYNAMIC PUMP	Jo	Venom
10:30-11:15	PILATES	Steffi	Mustang
12:30-13:00	SPIN 30	Jo	Spin
17:45-18:30	ZUMBA	Steffi	Mustang
17:45-18:30	TOTAL BODY WORKOUT	Elaine	Venom
18:30-19:00	SPIN 30	Helen	Spin
18:30-19:15	PILATES	Anthea	Mustang
18:30-19:15	BALLET BARRE	Pip	Dakota
19:00-19:45	CIRCUITS	Alfie	Venom

THURSDAY

06.30-07.00	SPIN 30	Calum	Spin
08:15-08:45	KETTLEBELLS	Anthea	Venom
09:00-09:30	SPIN 30	Anthea	Spin
09:30-10:15	STRONG	Lisa	Venom
09:45-10:30	DANCE FIT	Caitlin	Mustang
10:30-11:15	PILATES	Christine	Mustang
12:30-13:15	TOTAL BODY WORKOUT	Kim	Venom
17:45-18:15	SPIN 30	Jo	Spin
17:45-18:15	HIIT	Kim	Venom
18:00-19:00	COMMERCIAL DANCE	Tabby	Dakota
18:30-19:00	KETTLEBELLS	Sam	Venom
18:30-19:15	PERFORMANCE SPIN	Carl	Spin
18:45-19:45	VINYASA FLOW YOGA	Jim	Mustang
19:00-20:00	CONTEMPORARY DANCE	Pip	Dakota
19:15-20:00	POWER PILATES	Tabby	Venom

FRIDAY

06:30-07:15	WAKE UP WOD	Tabby	Venom
09:00-09:30	SPIN 30	Anthea	Spin
09:30-10:15	TOTAL BODY WORKOUT	Anthea	Venom
09:45-10:30	ACTIVE AEROBICS	Christine	Mustang
10:30-11:15	PILATES	Christine	Mustang
12:30-13:00	CORE	Jo	Venom
17:30-18:15	PILATES	Jo	Mustang
17:30:18:15	DYNAMIC PUMP	Steffi	Venom
18:15-18:45	SPIN 30	Kim	Spin

SATURDAY

08:15-09:00	BOX FIT	Kim	Venom
09:00-09:45	SPIN 45	Kim	Spin
09:45-10:30	DANCE FIT	Tabby	Mustang
10:30-11:15	LEGS, BUMS & TUMS	Anthea	Mustang

SUNDAY

08:30-09:15	WAKE UP WOD	Sam	Venom
09:30-10:00	SPIN 30	Elaine	Spin
10:00-11:00	BALLET	Pip	Dakota
10:15-11:00	PILATES	Elaine	Mustang
11:00-11:45	DANCE FIT	Caitlin	Mustang

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.
New or recently changed classes are highlighted in red.

TO BOOK:

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FitSense App Club Code 25699

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