














# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30 – 9.00 Cycle Fit 	9.30 – 11.00 Puddleducks	8.30 – 9.00 Cycle Fit 	9.30 – 10.15 Cycle Fit XL 	9.30 – 10.30 Zumba 	10.30 – 12.30 Iyengar Yoga with Liz 
8.45 – 10.30 Stretch & Tone 	9.30 – 10.30 Zumba 	9.30 – 10.30 Body Tone 	9.00 – 12.00 Puddleducks	10.45 – 11.30 Stretch & Tone 	
10.45-11.30 Aqua Aerobics 	13.00 – 14.30 Iyengar Yoga with Liz 	11.00 – 11.45 Aqua Aerobics 	10.30 – 11.30 Yoga with Beci 	17.30 – 18.00 Cycle Blast 	
17.45 – 18.15 Kettleblitz 	17.45 – 18.30 Cycle Fit XL 	18.00 – 18.45 Boxercise   	17.45 – 18.15 Kettleblitz 	18.30 – 19.15 Circuits   	
18.15 – 19.00 Legs, Bums & Tums 	19.00 – 20.00 Zumba 	19.00 – 19.30 Cycle Fit 			
19.15 – 19.45 Abs Blast 	20.00 – 20.45 DPB Boxing   	19.30 – 20.00 Abs Blast 			
19.45 – 20.45 DPB Boxing   		20.00 – 20.45 DPB Boxing   			

 Interval

 Strength/Mobility

 Cardio

 Mind/Body

