

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:30 – 07:15 Spin Natasha	06:30 – 07:00 A40HIITFit A40Fitness Team	06:30 – 07:15 Spin George	06:30 – 07:15 Function Fit Natasha	06:15 – 07:00 Spin Natasha	09:00 – 09:45 Spin Liz
	07:00 – 07:30 Circuits A40Fitness Team	09:00 – 09:45 Pump Fitness Joanne		07:00 – 07:45 Yoga Natasha	09:45 – 10:30 Legs, Bums & Tums Liz
		09:45 – 10:30 Yoga Joanne	09:00 – 10:00 Pilates Tori	10:30 – 11:00 A40ChallengeFit A40Fitness Team	11:00 – 12:00 Pilates Johanna
11:30 – 12:00 A40ChallengeFit A40Fitness Team	09:15 – 10:15 Pilates Natasha	10:30 – 11:10 A40ChallengeFit A40Fitness Team		11:00 – 12:00 Pilates Natasha	
12:00 – 12:30 HIIT Spin A40Fitness Team	10:20 – 11:00 A40RAMFit A40Fitness Team	11:15 – 11:45 HIIT Spin George		12:00 – 13:00 Spin George	
12:00 – 12:45 Pilates Tori	11:00 – 11:30 Spin George	12:00 – 12:45 Pilates Tori	11:00 – 11:45 LBT Circuit Meg	12:30 – 13:15 Pump Fitness Joanne	09:30 – 10:00 A40ChallengeFit A40Fitness Team
12:45 – 13:30 Pilates Tori	11:30 – 12:15 Pump Fitness Joanne	12:45 – 13:30 Pilates Tori	12:00 – 13:00 Yoga Imogen	13:15 – 14:00 Fitness Yoga Joanne	10:00 – 11:00 Yogalates Natasha
	12:15 – 13:00 Fitness Yoga Joanne		16:30 – 17:00 A40ChallengeFit Meg		
17:30 – 17:55 A40CoreFit A40Fitness Team		17:30 – 18:00 Circuits A40Fitness Team		17:30 – 17:55 Kettle Fit Ibrahim	
18:00 – 18:45 Spin Danielle	18:00 – 18:45 A40CircuitFit George	18:00 – 18:45 Spin Liz	18:00 – 18:30 Barre Fitness Kelly-Ann	18:00 – 18:45 Spin Ibrahim	
18:00 – 18:30 A40ChallengeFit A40Fitness Team	19:00 – 19:45 Pilates Tori	18:45 – 19:30 Legs, Bums & Tums Liz	18:30 – 19:20 Pump Fitness Kelly-Ann		
	19:00 – 19:45 Running Club A40Fitness Team *		19:20 – 20:00 Mind, Body & Harmony Kelly-Ann		

* Additional Charge – Contact A40Fitness for more details.