

## STUDIO TIMETABLE 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	<b>FIGURE FIT</b> C&F 09:00-10:00	<b>PILATES</b> MARIE 09:30-10:30	<b>HI LOW AEROBICS</b> JOHN 09:45-10:45	<b>ZUMBA</b> C&F 09:15-10:15	<b>AQUA AEROBICS</b> C&F 09:00-09:45	<b>STUDIO HIRE</b>  10:00-11:00
	<b>PILATES</b> MARIE 10:30-11:30	<b>SPIN</b> MARIE 10:45-11:30	<b>POWER WALK</b>  10:30-11:30	<b>AQUA AEROBICS</b> C&F 10:30-11:15	<b>HIIT</b> C&F 09:45-10:30	
	<b>AQUA AEROBICS</b> MARIE 11:40-12:25	<b>SUPPLE STRENGTH</b> MARIE 11:30-12:30	<b>AQUA AEROBICS</b> JOHN 11:00-11:45	<b>LEGS, BUMS &amp; TUMS</b> ANGELA 11:30-12:15	<b>ABS</b> ANGELA 10:30-11:00	
PM	<b>FAMILY ZUMBA</b> C&F 17:45-18:30	<b>REBOUND</b> C&F   <b>£5.00</b> 17:30-18:00	<b>STUDIO HIRE</b>  16:30-17:30	<b>HATHA YOGA</b> ANGELA 12:30-13:30	<b>HATHA YOGA</b> ANGELA 11:00-12:00	
	<b>SPIN</b> VICKI 18:30-19:15	<b>REBOUND CORE</b> C&F   <b>£5.00</b> 18:00-18:30	<b>POWER CIRCUIT</b> VICKI 18:00-18:45	<b>GOLF PILATES</b> LOTTIE 14:00-15:00		
	<b>AQUA AEROBICS</b> C&F 18:45-19:30	<b>REBOUND</b> C&F   <b>£5.00</b> 18:30-19:00	<b>SPIN</b> VICKI 19:00-20:00	<b>PILATES</b> LOTTIE 15:15-16:15		
		<b>REBOUND CORE</b> C&F   <b>£5.00</b> 19:00-19:30		<b>GYM CIRCUIT</b> C&F 17:30-18:30		
		<b>PUMP &amp; TONE</b> VICKI 19:30-20:30		<b>HIIT &amp; CORE</b> C&F 18:30-19:00		