

## THIS WEEK'S STUDIO TIMETABLE

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

SWING BY THE LEISURE CLUB AND JOIN IN