cottonmill
SOPWELL HOUSE

Studio Timetable - May to July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30 – 10:15 Aqua *Alison*	09:30 – 10:15 Aqua *Karen*	09:15 –10:00 Aqua *Alison*	09:15 – 10:00 Pilates *Laszlo*	09:30 – 10:15 Zumba *Ali*	09:15 – 10:00 Spinning *Sara*
10:00 – 10:45 Spinning *Karen*	09:45 – 10:30 Body Sculpt *Katy*	09:15 –10:00 Pilates *Laszlo*	09:30 – 10:15 Aqua *Alison*	10:45 – 11:30 Top to Toe Conditioning *Alison*	10:15 – 11:00 Body Conditioning *Laszlo*
11:00 – 11:45 Yoga *Karen*	10:45 –11:45 Yoga *Marina*	10:15 – 11:00 Spinning *Laszlo*	10:15 – 11:00 Body Sculpt *Katy*	12:00 – 13:00 Pilates *Gabriel*	11:15 – 12:00 Pilates *Paula*
12:15 – 13:00 Body Conditioning *Karen*	14:00 – 15:00 Pilates *Paula*	11:15 – 12:00 Aerobics *Karen*	11:15 – 12:15 Yoga *Natalia*	16:30 – 17:30 Yoga *Carolyn*	
18:30 – 19:15 Pilates *Sarah*		14:00 – 15:00 Pilates *Gabriel*	13:30 – 14:15 Body Conditioning *Katy*		
		18:00 – 19:00 Yoga *Katie*	18:00 – 18:45 Spinning *Laszlo*		
			19:00 – 19:45 Pilates *Laszlo*		