

COMPLETE FITNESS STUDIO TIMETABLE

FROM MARCH 15TH 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			7.00 am - 7.45 am BOOT-CAMP <i>LORNA</i>	7.00 am - 7.45 am SPIN MOUNTAIN CHALLENGE & ABS <i>LORNA</i>		9.30 am - 10.15 am STEP AND TONE <i>SYLVIA</i>
Lunch			12.15 pm - 1.00 pm CIRCUITS <i>PAUL</i>			
		4.00 pm - 6.15 pm BALLET <i>CLAIRE</i>				
Evening	5.30 pm - 5.45 pm ABS <i>LORNA</i>	6.15 pm - 6.30 pm ABS <i>SYLVIA</i>		5.45 PM - 6.30 PM SIMPLY TONING <i>SYLVIA</i>	5.30pm - 6.15 pm SPIN <i>BRENDA</i>	
	5.45 pm - 6.30 pm CIRCUITS <i>LORNA</i>	6.30 pm - 7.15 pm STEP <i>SYLVIA</i>	6.00 pm - 6.45 pm BOXERCISE <i>RICHARD</i>	6.45 pm - 7.30 pm SPIN <i>GED</i>	6.30 pm - 7.15 pm STRETCH <i>BRENDA</i>	
	6.45 pm - 7.30 pm FITBALL <i>LORNA</i>	7.15 pm - 8.15 pm PILATES <i>SHARON</i>	6.45 PM - 7.30 PM SPIN INTERVAL CHALLENGE & ABS <i>RICHARD</i>			

BOOK WITH THE GYM TEAM WHILE AT THE CLUB OR CALL 0191 217 3040