

STUDIO 3 TIMETABLE

POWER

Studio 3 caters for our 'aerobic classes.' It boasts a sprung floor, great air conditioning & makes our sessions fun, functional & sociable. A large area to work out in, be prepared to leave with a smile!

	TIME	ACTIVITY	INSTRUCTOR
MON	09:15 - 10:00	Body Pump	Sarah W
	10:15 - 11:00	Body Conditioning	Robyn
	18:00 - 18:45	Body Attack	Clive
	19:00 - 19:45	Legs Bum and Tums	Clive
TUES	07:00 - 07:45	Grit	Sarah W
	09:30 - 10:15	Body Conditioning	Chez
	10:30 - 11:15	Body Pump	Chez
	14:15 - 15:45	U3A Table Tennis*	U3A
	18:00 - 18:45	Body Pump	Jayne
	19:00 - 19:45	Body Conditioning	Robyn
WEDS	20:00 - 20:45	ShBam	Robyn
	09:30 - 10:15	Step	Ceri
	10:30 - 11:15	Legs, Bums and Tums	Ceri
	18:00 - 18:45	Body Pump	Annie
THURS	10:30 - 11:15	Body Conditioning	Sarah F
	18:00 - 18:45	Body Attack	Clive
	19:00 - 19:45	Body Conditioning	Clive
	20:00 - 20:45	Body Balance	Clive
FRI	09:30 - 10:15	Legs Bums and Tums	Clive
	10:30 - 11:15	Sh'Bam	Robyn
	16:15 - 17:00	Street Cheer (4-7 years)*	Beki
	17:15 - 18:00	Contemporary Dance (9+ years)*	Beki
SAT	18:15 - 19:00	Street Cheer (8+ years)*	Beki
	09:00 - 09:45	Body Attack	Jayne
SUN	10:00 - 10:45	Body Pump	Jamie
	10:00 - 10:45	Step	Ceri

*not included in gold memberships

STUDIO 3