

# STUDIO 3 TIMETABLE

## POWER

	TIME	ACTIVITY	INSTRUCTOR
<b>MON</b>	09:15 - 10:00	Body Pump	Sarah W
	10:15 - 11:00	Body Conditioning	Robyn
	11:15 - 12:00	Sh'BAM	Robyn
	18:00 - 18:45	Step	Clive
	19:00 - 19:45	Legs Bum and Tums	Clive
<b>TUES</b>	07:00 - 07:45	GRIT Strength	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
	20:00 - 20:45	Sh'BAM	Robyn
<b>WEDS</b>	09:30 - 10:15	Step	Ceri
	10:30 - 11:15	Legs, Bums and Tums	Ceri
	11:30 - 12:15	Zumba	Georgie
	17:00 - 17:45	Sh'BAM	Sam C
	18:00 - 18:45	Body Pump	Sam C
	19:00 - 19:45	Body Balance	Sam C
<b>THURS</b>	07:00 - 07:45	Kettlebells	Mandy
	09:30 - 10:15	Legs, Bums & Tums	Leanne
	10:30 - 11:15	Body Conditioning	Sarah F
	18:00 - 18:45	Attack	Clive
	19:00 - 19:45	Body Conditioning	Clive
	20:00 - 20:45	Body Balance	Clive
<b>FRI</b>	09:30 - 10:15	Legs Bums and Tums	Clive
	10:30 - 11:15	Sh'BAM	Robyn
	11:30 - 12:15	Body Conditioning	Robyn
	16:15 - 17:00	Street Cheer * (4-7)	Beki
	17:15 - 18:00	Contemporary Dance* (9+)	Beki
	18:15 - 19:00	Street Cheer * (8+)	Beki
<b>SAT</b>	09:00 - 09:45	Body Attack	Jayne
	10:00 - 10:45	Body Pump	Jamie
<b>SUN</b>	10:00 - 10:45	Step	Ceri

\*Not included in Gold Memberships

STUDIOS  
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