

STUDIO 3 TIMETABLE

POWER

	TIME	ACTIVITY	INSTRUCTOR
MON	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
TUES	07:00 - 07:45	Circuits	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
WEDS	09:30 - 10:15	Step	Ceri
	10:30 - 11:15	Legs, Bums and Tums	Ceri
	11:30 - 12:15	Zumba	Georgie
	18:00 - 18:45	Body Pump	Sam C
THURS	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	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
	11:30 - 12:15	Body Conditioning	Robyn
	16:15 - 17:00	Street Cheer * (4-7)	Georgia
	17:15 - 18:00	Contemporary Dance* (9+)	Georgia
	18:15 - 19:00	Street Cheer * (8+)	Georgia
SAT	09:00 - 09:45	Body Attack	Jayne
	10:00 - 10:45	Body Pump	Jamie
SUN	10:00 - 10:45	Step	Ceri

*Not included in Gold Membership

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