

# STUDIO 3 TIMETABLE

\*Not included in Gold Memberships

	TIME	ACTIVITY	INSTRUCTOR
<b>MON</b>	09:15 - 10:00	Body Pump	Natalie
	10:15 - 11:00	Body Conditioning	Robyn
	11:15 - 12:00	Les Mills Dance	Robyn
	18:00 - 18:45	Group Active	Clive
	19:00 - 19:45	Legs Bum and Tums	Clive
<b>TUES</b>	07:00 - 07:45	Weighted Circuit	Alex
	09:30 - 10:15	Body Conditioning	Leanne
	10:30 - 11:15	Zumba	Paula
	11:30 - 12:15	Fit Step	Paula
	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	Les Mills Dance	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
	18:00 - 18:45	Body Pump	Jayne
<b>THURS</b>	07:00 - 07:45	Body Pump	Natalie
	09:30 - 10:15	Legs, Bums & Tums	Leanne
	10:30 - 11:15	Body Conditioning	Sarah F
	11:30 - 12:15	Soft Circuits	Sarah F
	14:00 - 14:45	Back2Health	Leanne
	18:00 - 18:45	Body 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	Les Mills Dance	Robyn
	11:30 - 12:15	Body Conditioning	Robyn
	16:05 - 17:00	Street Cheer * (4-7)	Ellie
	17:05 - 18:00	Contemporary Dance* (9+)	Ellie
	18:05 - 19:00	Street Cheer * (8+)	Ellie
<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

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