

STUDIO 3 TIMETABLE

***Not included in Gold Memberships**

	TIME	ACTIVITY	INSTRUCTOR
MON	07:00 - 07:45	Legs Bums and Tums	Ceri
	08:15 - 09:00	Body Combat	Natalie
	09:15 - 10:00	Body Pump	Natalie
	10:15 - 11:00	Body Conditioning	Robyn
	18:00 - 18:45	Step Conditioning - Group Active	Clive
	19:00 - 19:45	Legs Bum and Tums	Clive
TUES	07:00 - 07:45	Circuits	Natalie
	08:30 - 09:15	Les Mills Tone	Jayne
	09:30 - 10:15	Body Conditioning	Natalie
	10:30 - 11:15	Fit Ball	Natalie
	11:30 - 12:15	Standing Strong-Go!	Natalie
	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	Dance	Robyn
WEDS	08:30 - 09:15	Body Pump	Natalie
	09:30 - 10:15	Step	Ceri
	10:30 - 11:15	Body Conditioning	Ceri
	18:00 - 18:45	Body Pump	Jayne
THURS	07:00 - 07:45	Body Pump	Natalie
	09:30 - 10:15	Body Combat	Natalie
	10:30 - 11:15	Body Conditioning	Sarah F
	18:00 - 18:45	Body Attack	Clive
	19:00 - 19:45	Step Conditioning - Group Active	Clive
	20:00 - 20:45	Body Balance	Clive
FRI	08:30 - 09:15	Strength & Fitness	Clive
	09:30 - 10:15	Legs Bums and Tums	Clive
	10:30 - 11:15	Dance	Robyn
	11:30 - 12:15	Body Conditioning	Robyn
SAT	09:00 - 09:45	Body Attack	Jayne
	10:00 - 10:45	Body Pump	Jaime
SUN	10:00 - 10:45	Step	Ceri