

CLASS TIMETABLE - 2024

MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	SUNDAY
	6.45-7.30 Aerobic Conditioning Kaye			6.45 – 7.30 Aerobic Conditioning Kaye				
8.45 – 9.15 Water Workout Steve	9.15 – 9.45 Water Workout ... Leah	9.15 – 9.45 LBT Kaye	8.30 – 9.00 Aqua Tone Kaye			8.30 – 9.00 Aqua Tone Kaye	8.30 – 9.15 Pump Gym Staff	
9.30 – 10.00 LBT Steve	10.00 – 10.15 Gym Induction Kaye	10.15 – 10.30 Gym Induction Kaye	9.15 – 10.00 Pump Kaye	8.45 – 9.30 Water Workout Kaye		9.15 – 10.00 Pump Kaye	9.30 - 10.00 Spin Gym Staff	
10.15 – 11.00 Pilates Leah	10.15 – 11.00 Pilates Leah		10.15 – 10.45 Stretch & Tone Kaye	10.00 – 10.15 Gym Induction Kaye	9.45 – 10.30 Pilates Helen	10.15 – 10:45 Low Impact Aerobics Kaye	10.30 – 11.00 LBT Gym Staff	
				10:45 – 11:30 Pump Kaye				
17.30 – 18.00 Aerobic Conditioning Kaye	17.30 – 18:15 Pump Kaye			17:15 – 18:00 Yoga Helen				
18.00 – 18.15 Gym Induction Steve				18:00 – 19:00 Yoga Helen				
18.15 – 18.45 Spin Kaye	18.30 – 19.00 Spin Kaye		18.00 – 18.45 Circuits Steve					
19.00 – 19.30 Pump Steve			19.00 – 19.15 Gym Induction Steve					

* Gym Induction for new and existing members