

CLASS TIMETABLE - 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
		6.45-7.30 Aerobic Conditioning Kaye		8.30 – 9.00 Aqua Tone 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	9.15 – 10.00 Pump Kaye		8.45 – 9.30 Water Workout 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	10.15 – 10.45 Stretch & Tone Kaye		10.00 – 10.15 Gym Induction Kaye	9.45 – 10.30 Pilates Helen	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		11:00 – 11.45 Pilates Leah		10.45 – 11.30 Pump Kaye		10.15 – 10.45 Low Impact Aerobics Kaye		10.30 – 11.00 LBT Gym Staff	
		11.15 – 11.45 Pump Kaye		10.00 – 10.15 Gym Induction Kaye	10.15 – 10.30 Gym Induction Kaye	12.00 – 12.30 LBT Kaye		11.00 – 11.30 Stretch & Tone Kaye			
17.00 – 17.30 Lower Body HIT Steve	17.30 – 18.00 Aerobic Conditioning Kaye	17.30 – 18:15 Pump Kaye		12.00 – 12.30 Low Impact Aerobics Kaye		17:15 – 18:00 Yoga Helen					
17.45 – 18.00 Gym Induction Steve				5.00 – 5.45 Full Body HIT Steve		18:00 – 19:00 Yoga Helen					
18.15 – 18.45 Spin Steve		18.30 – 19.00 Spin Kaye		18.00 – 18.45 Circuits Steve							
19.00 – 19.30 Pump Steve											

* Gym Induction for new and existing members