

# Adult Studio Timetable 2012



<b>Monday</b>					
time	exercise program	exercise type	trainer	level	studio
9:30 - 10:15	Body Balance	Holistic	Pania	All	Studio
9:30 - 10:15	Group Cycle	High Energy	Salli	All	Gym Floor
10:20 - 11:05	Body Attack	High Energy	Pania	All	Studio
11:10 - 12:10	Pilates	Holistic	Gail	All	Studio
12:15 - 13:00	Dance	High Energy	Ray	All	Studio
18:00 - 18:45	Body Pump	Strength & Conditioning	Pania	All	Studio
18:50 - 19:35	Body Attack	High Energy	Claire	All	Studio
19:00 - 19:45	Group Cycle	High Energy	Gerard	All	Gym Floor
19:40 - 20:55	Dynamic Yoga	Holistic	Claudia Maria	All	Studio
<b>Tuesday</b>					
7:30 - 8:15	Group Cycle	High Energy	Adele	All	Gym Floor
8:25 - 9:25	Body Pump	Strength & Conditioning	Pania	All	Studio
9:30 - 10:15	Body Combat	High Energy	Bruno	All	Studio
10:20 - 10:35	Abs Blast	Strength & Conditioning	Gym Instructor	All	Gym Floor
10:20 - 11:20	Body Balance	Holistic	Bruno	All	Studio
10:30 - 11:15	Aqua Zumba	Strength & Conditioning	Maggie	All	Pool
12:15 - 13:15	Ashtanga Yoga	Holistic	Rachel	All	Studio
18:00 - 18:45	Cardio Conditioning	High Energy	Richard	Intermediate	Studio
19:00 - 20:00	Zumba <b>NEW</b>	High Energy	Malcolm	All	Studio
<b>Wednesday</b>					
9:30 - 10:15	Body Attack	High Energy	Ray	All	Studio
10:20 - 10:35	Abs Blast	Strength & Conditioning	Gym Instructor	All	Gym Floor
10:20 - 11:05	Zumba	Dance	Antje	All	Studio
10:30 - 11:15	RPM	High Energy	Pania	All	Gym Floor
12:15 - 13:00	Body Combat	High Energy	Jemma	All	Studio
18:00 - 18:45	Body Balance	Holistic	Ray	All	Studio
18:50 - 19:35	Body Pump	Strength & Conditioning	Ray	All	Studio
19:40 - 20:50	Iyenger Yoga	Holistic	Nevin	All	Studio
19:40 - 20:25	RPM	High Energy	Ray	All	Gym Floor
<b>Thursday</b>					
9:30 - 10:15	Step	High Energy	Suzan	Intermediate	Studio
10:00 - 10:45	RPM	High Energy	Maggie	All	Gym Floor
10:20 - 11:05	Body Pump	Strength & Conditioning	Adele	All	Studio
10:20 - 10:35	Abs Blast	Strength & Conditioning	Gym Instructor	All	Gym Floor
10:30 - 11:15	Aqua	Strength & Conditioning	Suzan	All	Pool
11:10 - 12:10	Body Balance	Holistic	Adele	All	Studio
12:15 - 13:00	Pilates	Holistic	Gina	All	Studio
18:00 - 18:45	Cardio Conditioning	High Energy	Richard	Intermediate	Studio
18:50 - 19:50	Pilates	Holistic	Gail	All	Studio
20:00 - 20:45	Body Conditioning	Strength & Conditioning	Irena	All	Studio
<b>Friday</b>					
9:30 - 10:15	Step	High Energy	Suzan	All	Studio
10:20 - 10:35	Abs Blast	Strength & Conditioning	Gym Instructor	All	Gym Floor
10:20 - 11:05	Box Circuit Training	High Energy	Ross	All	Studio
11:10 - 12:10	Pilates	Holistic	Gail	All	Studio
12:15 - 13:30	Dynamic Yoga	Holistic	Claudia Maria	All	Studio
14:00 - 14:45	Zumba	Dance	Julia	All	Studio
<b>Saturday</b>					
10:00 - 11:00	Body Pump	Strength & Conditioning	Siobhan	All	Studio
10:30 - 11:15	Group Cycle	High Energy	Gerard	All	Gym Floor
11:00 - 12:00	Zumba	Dance	Nilesh	All	Studio
11:15 - 12:00	Group Cycle <b>NEW</b>	High Energy	Gerard	All	Gym Floor
12:00 - 13:15	Iyenger Yoga <b>NEW</b>	Holistic	Nevin	All	Studio
<b>Sunday</b>					
10:00 - 11:00	Pilates	Holistic	Gina	All	Studio
11:15 - 12:15	Step	High Energy	Richard	Intermediate	Studio

Members are not permitted to enter the class 15min after start time.  
Minimum 2 participants or at teachers discretion.  
Bookings are required for all classes, please book at reception.