

EASTER 2019

STUDIO TIMETABLE



Friday 19 April

TIME	ACTIVITY	INSTRUCTOR	STUDIO	LEVEL
08:45 - 09:45	Bodypump	Sophie H	1	General
08:45 - 09:45	Stretch & Tone	Karen S	2	General
10:00 - 10:45	Aqua Aerobics	Simone	Pool	General
10:00 - 11:00	Spinning	Suzanne H	1	General
10:00 - 11:30	Anusara Yoga	Michaela	2	General
11:00 - 12:00	Stretchworks	Alison	1	General
11:45 - 12:45	Pilates	Graeme	2	General
12:00 - 13:00	Sh'Bam	Venus	1	General

Saturday 20 April

NO CHANGES

Sunday 21 April

TIME	ACTIVITY	INSTRUCTOR	STUDIO	LEVEL
09:00 - 10:00	Body Conditioning	Dean	1	General
10:00 - 11:00	Bodypump	Dean	1	General
11:00 - 11:45	Hi/Lo	Simone	1	General
17:15 - 18:30	Yin Yoga	Zsuzsa	2	General

Monday 22 April

TIME	ACTIVITY	INSTRUCTOR	STUDIO	LEVEL
09:00 - 10:00	BodyPump	Venus	1	General
09:30 - 10:30	HIIT	Alex F	3	General
10:00 - 11:00	Body Combat	Venus	1	General
11:00 - 12:30	Dynamic Hatha Yoga	Zsuzsa	2	General
11:15 - 12:15	Body Conditioning	Simone	1	General
13:30 - 14:30	Pilates	Jenni	2	General
18:30 - 19:30	Zumba	Mario	1	General