

Weekly Class Timetable



	MON	TUES	WEDS	THURS	FRI	SAT
8.00am						Sat Spin (STUDIO 2)
8.30am		Breakfast Pilates	Kettlercise	RAW Pilates	Breakfast Pilates	
9.30am						
9.45am	Mixed Ability Pilates	RAW Pilates	Mixed Ability Pilates	Pure Stretch	Mixed Ability Pilates	
11.00am	Monday morning Spin	Mixed Ability Pilates	Mid week Spin		Feel good Friday Spin! (STUDIO 2)	
5.40pm	STEP	Pilates Mixed Ability	5.45pm Spin/ Circuits (STUDIO 2)		Spin the weekend in and Abs Fab!	
6.45pm		Spin (STUDIO 2)				
6.50pm	RAW Pilates	Beautifully Balanced	Kettlercise (STUDIO 2)	Mixed Ability Pilates		
8.00pm	Mixed Ability Pilates	Mixed Ability Pilates		Spin (STUDIO 2)		