

DW

Fitness First

CLASS TIMETABLE

August 2020

J E R S E Y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRENGTH 7am - 7.30am	CORE 7am - 7.30am	STRENGTH 7am - 7.30am	CORE 7am - 7.30am	STRENGTH 7am - 7.30pm	FIT 'N' FUNCTIONAL 9.30am - 10.00am	PILATES 11.00am - 12.00pm Sharon
CORE 12.15pm - 12.45pm.	FIT 'N' FUNCTIONAL 1.15pm - 1.45pm.	PILATES 12.15pm - 12.50pm Lucy	GLUTE GAINS 13.15pm - 13.45pm	PILATES 12.15pm - 12.50pm Sharon	YOGA 11.15am - 12.15am Elayne	POWER YOGA 12.15pm - 1.15pm Sofia
GLUTE GAINS 17.30pm - 18.00pm	YOGA 18.40pm - 19.40pm Elayne	CORE 17.30pm - 18.00pm	FIT 'N' FUNCTIONAL 17.30pm - 18.00pm	CORE 17.30pm - 18.00pm Steve		