

# CLASS TIMETABLE

J E R S E Y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 07.00 - 07.30 F/T	BODYPUMP 07.00 - 08.00 Jo	SHRED 07.00 - 07.30 F/T	MUSCLE PUMP 07.00 - 07.45 Alana	CORE 07.00 - 07.30 F/T	BODYPUMP 09.00 - 10.00 Jo	ZUMBA 10.00 - 10.45 Leila
GLUTE GAINS 12.15 - 12.45 F/T	CORE 12.15 - 12.45 F/T	PILATES 12.15 - 12.50 Lucy	YOGA 09.30 - 10.15 Caroline	PILATES 12.15 - 12.50 Sharon	BODYCOMBAT 10.10 - 11.10 Jo	PILATES 11.00 - 12.00 Sharon
STRENGTH 13.00 - 13.30 F/T	MUSCLE TONE 13.15 - 13.50 Patrick	BOOTCAMP 13.00 - 13.30 F/T	SHRED 12.15 - 12.45 F/T	GLUTE GAINS 13.00 - 13.30	YOGA 11.20 - 12.20 Elayne	
SHRED 17.30 - 18.00 F/T	BOOTCAMP 17.30 - 18.00 F/T	STRENGTH 17.30 - 18.00 F/T	MUSCLE TONE 13.15 - 13.50 Patrick			
PILATES 18.20 - 19.05 Sharon		STRONG NATION 18.30 - 19.15 Leila	GLUTE GAINS 17.30 - 18.00 F/T			
			BODYPUMP 18.30 - 19.30 Jo			