



# ALTERED IMAGES Studio Class Timetable Spring 2019

<b>MON</b>	SPIN 6.15-6.45 Spin Studio RACHEL	LBT 8.30-9.15 Studio 1 CARLA	AquaFIT 9.30-10.15 Poolside CARLA	REBOUND CIRCUITS 9.30-10.15 Studio 1 LAURA	GYM & TONING 10.00-11.00 GYM ANDREW	CORE 10.15-10.45 Studio 1 CARLA	DANCE 10.45-11.30 Studio 1 FRANKIE	PILATES 11.30-12.30 Studio 1 PHIL	TAI CHI 12.30-13.30 Studio 1 MICHELLE		Kettlercise 17.45-18.30 Studio 1 DEBS	BOXERCISE 18.30-19.30 Studio 1 NEIL	SPIN 18.30-19.15 Spin Studio DEBS	AquaFIT 18.45-19.30 Poolside RUBY	YOGA 19.30-20.30 Studio 1 LAURA A
<b>TUES</b>	ASHTANGA YOGA 8.30-9.15 Studio 1 DEBS	EXPRESS SPIN 8.45-9.15 Spin Studio TINA	ZUMBA FITNESS 9.15-10.15 Studio 1 KATERINA	AquaFIT 9.30-10.15 Poolside RACHAEL	Kettlercise 10.15-11.00 Studio 1 CARLA	PILATES 11.00-12.00 Studio 1 PHIL						ZUMBA FITNESS 18.00-18.45 Studio 1 TINA	Kettlebell Fit 18.45-19.30 Studio 1 LAURA	CIRCUITS 19.30-20.30 Studio 1 LAURA	
<b>WED</b>	LES MILLS BODYPUMP 6.00-6.45 Studio 1 RACHEL	YOGA 8.30-9.15 Studio 1 RACHEL	HARD Water 9.30-10.15 Poolside CARLA	Kettlebell Fit 9.15 -10.00 Studio 1 LAURA	DANCE 10.00-10.45 Studio 1 FRANKIE	SPIN 10.30-11.15 Spin Studio RACHEL	LES MILLS BODYBALANCE™ 10.45-11.45 Studio 1 JENNY	AquaFIT 12.30-13.15 Poolside RACHAEL					LES MILLS BODYPUMP 18.00-19.00 Studio 1 DEBBIE	ZUMBA FITNESS 19.00-20.00 Studio 1 CLAIRE	
<b>THURS</b>	Kettlercise 8.30-9.20 Studio 1 CARLA	CardioTONE 9.30-10.30 Studio 1 CARLA	AquaFIT 9.30-10.15 Poolside LAURA	PILATES 10.45-11.45 Studio 1 RACHAEL									Kettlebell Fit 18.00-18.45 Studio 1 LAURA	CIRCUITS 19.00-20.00 Studio 1 LAURA	BOXERCISE 20.00-21.00 Studio 1 NEIL
<b>FRI</b>	CORE 6.00-6.30 Studio 1 RACHAEL	AquaFIT 9.30 -10.15 Poolside RACHAEL	Kettlercise 9.30 -10.20 Studio 1 CARLA	LES MILLS BODYBALANCE™ 12.30 -13.30 Studio 1 RACHAEL									Kettlebell Fit 18.00-18.30 Studio 1 LAURA	METAFIT 18.30-19.00 Studio 1 LAURA	clubbercise 19.00-20.00 Studio 1 Rachel
<b>SAT</b>	AquaFIT 9.00-9.45 Poolside DEBS	SPIN 8.30-9.15 Spin Studio ANDREW	Kettlebell Fit 9.15-10.00 Studio 1 LAURA	LES MILLS BODYPUMP 10.00-10.45 Studio 1 RACHEL	ZUMBA FITNESS 10.45-11.45 Studio 1 TINA	STRETCH 11.45-12.45 Studio 1 TINA									
<b>SUN</b>	ASHTANGA YOGA 9.15-10.20 Studio 1 DEBS	TAI CHI 10.30-11.30 Studio 1 MICHELLE	ZUMBA FITNESS 11.30-12.30 Studio 1 CLAIRE												

Classes with a ★ pre-book at Reception

**KEY TO EXERCISE CLASSES**

Water Based exercises	Strength & Conditioning	Spinning	ZUMBA FITNESS
Toning Floor & Mat Work	Cardio based Fitness	Weight Loss Group	Hi-Intensity
	Mind Body & Stretching		Body Pump