

GYM CLASS TIMETABLE

BOOK NOW: CALL 0141 639 9222

INCLUDED IN MEMBERSHIP

NON-MEMBERS: £6.50 PAYG

CARDIO & FAT BLAST

TONE & CONDITION

STRENGTH & STRETCH

LOW IMPACT

	MON	TUE	WED	THU	FRI	SAT	SUN
6:45am							
7am		SPIN NICOLA D	SPIN+HIIT NICOLA D	SPIN HAZEL	SPIN RACHEL		
7:15am							
7:30am							
7:45am							
8am							
8:15am							
8:30am							
8:45am							
9am							
9:15am			SPIN EMMA	SPIN+HIIT CAROL	YOGA XPRESS JEN HEB	YOGA JEN HEB	
9:30am	LBT JANET	YOGA JEN HEB					
9:45am							
10am			STRETCH +ABS EMMA				
10:15am	YOUNG @ HEART LINDA	AEROBICS JANET		PUMP EMMA	STEP + TONING JANET	SPIN NICOLA D	SPIN + WEIGHTS CAROLE
10:30am		WATER AEROBICS NICOLA		WATER AEROBICS NICOLA			
10:45am			YOUNG @ HEART EMMA				
11am					YOUNG @ HEART EMMA		HIIT CAROLE
11:15am	PUMP EMMA			YOGA JENNI W		LBT RACHEL	
11:30am							
11:45am			YOGA LORRAINE				
12pm					PILATES NICOLA D		
12:15pm	SPIN EMMA		PILATES MARINA				
12:30pm							
12:45pm							
1pm							
1:15pm	YOGA JEN HEB						
1:30pm							
1:45pm							
2pm							
3pm							
4pm							
5pm							
6pm							
6:15pm		PUMP JULIE	PUMP JULIE	LBT RACHEL	PUMP JULIE		
6:30pm							
6:45pm	SPIN + FAT BLAST NICOLA D						
7pm							
7:15pm		PILATES MARINA		YOGA JENNI W			
7:30pm			SPIN JANET				
7:45pm	PILATES NICOLA D						
8pm							
8:15pm							
8:30pm							
8:45pm							

