



@THEGYMATPARKLANDS



BOOK: 0141 639 9222

AUTUMN/WINTER TIMETABLE 2023

INCLUDED IN MEMBERSHIP
NON-MEMBERS: £6.50 PAYG

MONDAY

SPIN	SEAN	6:45AM - 7:30AM
LBT	JANET	9:15AM - 10AM
YOUNG @ HEART	LINDA	10AM - 11AM
PUMP	EMMA	11AM - 12PM
SPIN	EMMA	12:05PM - 12:50PM
YOGA	JEN HEB	1PM - 2PM
SPIN + FAT BLAST	NICOLA	6:30PM - 7:15PM
PILATES	NICOLA	7:30PM - 8:15PM

TUESDAY

SPIN	NICOLA	6:45AM - 7:30AM
YOGA	JEN HEB	9:15AM - 10:15AM
AEROBICS	JANET	10:15AM - 11:15AM
AQUA AEROBICS	NICOLA	10:30AM - 11:15AM
PUMP	JULIE	6PM - 7PM
PILATES	KATIE	7PM - 8PM

WEDNESDAY

SPIN + HIIT	NICOLA	6:45AM - 7:30AM
SPIN	EMMA	9:05AM - 9:50AM
STRETCH + ABS	EMMA	9:55AM - 10:30AM
YOUNG @ HEART	EMMA	10:30AM - 11:30AM
YOGA	LORRAINE	11:30AM - 12:30PM
PILATES	VIV	12:30PM - 1:15PM
PUMP	JULIE	6PM - 7PM
ZUMBA	JANET	7:15PM - 8PM

THURSDAY

SPIN	HAZEL	6:45AM - 7:30AM
SPIN + HIIT	CAROL	9AM - 10AM
PUMP	EMMA	10:15AM - 11:15AM
AQUA AEROBICS	NICOLA	10:30AM - 11:15AM
YOGA	JENNI	11:15AM - 12:15PM
LBT	RACHEL	6PM - 6:45PM
YOGA	JENNI	6:45PM - 7:45PM

FRIDAY

SPIN XPRESS	HAZEL	8AM - 8:30AM
YOGA XPRESS	JEN HEB	9:15AM - 10AM
STEP + TONING	JANET	10:15AM - 11AM
YOUNG @ HEART	MAUREEN	11AM - 12PM
PILATES	NICOLA	12PM - 12:45PM
PUMP	JULIE	6PM - 7PM

SATURDAY

YOGA	JEN HEB	9AM - 10AM
SPIN	NICOLA	10:15AM - 11AM
LBT	RACHEL	11:15AM - 12PM

SUNDAY

SPIN	SEAN	10:15AM - 11AM
ABS/CORE	SEAN	11AM - 11:30AM