



@THEGYMATPARKLANDS



BOOK: 0141 639 9222

INCLUDED IN MEMBERSHIP
NON-MEMBERS: £7 PAYG

SPRING/SUMMER 2024 TIMETABLE

MONDAY

| | | |
|------------------|---------|-------------------|
| 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 | SEAN | 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 |
| YOGALATES | EMMA | 7:05PM - 8:05PM |

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 |
| STRETCH + TONE | 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 |
| PILATECISE + STRETCH | RITA-JANE | 12:15PM - 1PM |
| SETS+REPS | MAUREEN | 6PM - 6:45PM |
| YOGA | JENNI | 6:45PM - 7:45PM |

FRIDAY

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

SATURDAY

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

SUNDAY

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