Lifestyle Club Timetable 7th February 2012

STAPLEFORD PARK

	MORNING								EVENING			
	8.30	9.00	9.30	10.00	10.30	11.00	11.30	Break	18.30	19.00	19.30	20.00
Monday			**ZUMBA** Studio 3 - Gemma Spencer		**Strengh & Conditioning** Studio 1 - Kane Radford					**BOXERCISE** Studio 3 - Adam Chambers		
			YOGA Studio 2 - Richard Voytak		**PILATES** Studio 2 - Hanna Bellamy							
			AQUA AEROBICS Pool - Hannah Bellamy									
Tuesday			**Kettlercise** Studio 3 - Tilly Wilson		**INDOOR CYCLING** Studio 1 - Lisa Ashmore				**CIRCUIT TRAINING** Studio 3 - Adam Bollons		**FITBALL** Studio 3 - Adam Bollons	
									YOGA Studio 2 - Richard Voytak			
Wednesday			**BODY CONDITIONING** Studio 3 - Adam Bollons						**MMA Fitness** Studio 3 - Adam Bollons			
		YOGA Studio 2 - Richard Voytak		**PILATES** Studio 2 - Hanna Bellamy					**YOGA** Studio 2 - Richard Voytak			
Thursday			**FITBALL** Studio 3 - Adam Bollons						**Kettlercise** Studio 3 - Tilly Wilson			
Friday			**CIRCUITS** Studio 3 Adam Bollons									
			YOGA Studio 2 - Richard Voytak			**PILATES** Studio 2 - Hanna Bellamy						
				AQUA AEROBICS 9:45 Pool - Hannah Bellamy								
Saturday		INDOOR CYLCING 9:15 Studio 1 - Lisa Ashmore		**CIRCUIT TRAINING** Studio 3 - Kane Radford								
				YOGA Studio 2 - Richard Voytak								