



Fitness Class Timetable 2010

		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				FUNCTIONAL CONDITIONING Studio 2 - Daniel Cragg		LEGS, BUMS AND TUMS Studio 1 - Gemma Spencer							
				AQUA AEROBICS Pool - Hannah Bellamy		PILATES Studio 2 - Hannah Bellamy							
				YOGA Studio 1 - Richard Voytak									
Tuesday				FUNCTIONAL CONDITIONING Studio 2 - Daniel Cragg		INDOOR CYCLING Studio 2 - Lisa Ashmore				CIRCUIT TRAINING Studio 2 - Adam Bollons		FITBALL Studio 2 - Adam Bollons	
										YOGA Studio 1 - Richard Voytak			
Wednesday			YOGA Studio 1 - Richard Voytak			FITBALL Studio 1 - Adam Bollons				YOGA Studio 1 - Richard Voytak			
				PILATES Studio 2 - Hannah Bellamy									
Thursday			FUNCTIONAL CONDITIONING Studio 2 - Daniel Cragg			FITBALL Studio 2 - Adam Bollons				CIRCUIT TRAINING Studio 2 - Adam Bollons		FITBALL Studio 2 - Adam Bollons	
						CARDIO TENNIS Lifestyle Courts - Richard Wilson							
Friday			FUNCTIONAL CONDITIONING Studio 2 - Daniel Cragg			YOGA Studio 2 - Richard Voytak							
			TENNIS COACHING Lifestyle Courts - Richard Wilson										
					AQUA AEROBICS 9:45 Pool - Hannah Bellamy								
Saturday			INDOOR CYCLING Studio 2 - Lisa Ashmore			CIRCUIT TRAINING Studio 1 - Kane Radford							
						YOGA Studio 2 - Richard Voytak							