



STAPLEFORD PARK

**Lifestyle Club Timetable**

*Updated: 2nd February 2018*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Therapeutic Yoga</b> Studio 2 - Richard 9.30 - 10.30	<b>Aqua Aerobics</b> Pool - Natalie 9.00 - 9.45	<b>Yoga</b> Studio 2 - Richard 9.00 - 10.00	<b>Indoor Cycling</b> Studio 1 - Lisa 9.30 - 10.30	<b>Yoga</b> Studio 2 - Richard 9.30 - 10.30	<b>Indoor Cycling</b> Studio 1 - Sam 9.15 - 10.00
<b>Power Tone</b> Gym - Sam 9.30 - 10.30	<b>Nat-a-tone</b> Studio 3 - Natalie 10.00 - 11.00	<b>Indoor Cycling</b> Studio 1 - Sam 9.30 - 10.15	<b>Qigong Drop In</b> Studio 2 - Duncan 10.00 - 11.30	<b>Gem-a-tone</b> Studio 3 - Gemma 9.30 - 10.30	<b>Yoga</b> Studio 2 - Richard 10.00 - 11.00
<b>Pilates</b> Studio 2 - Sam 10.30 - 11.30	<b>Yoga</b> Studio 2 - Richard 18.30 - 19.30	<b>Kettlecise</b> Studio 3 - Sam 10.30 - 11.30		<b>Aqua Aerobics</b> Pool - Jo 9.45 - 10.30	<b>HIIT</b> Studio 3 - Sam 10.00 - 11.00
<b>Qigong &amp; Tai Chi</b> Studio 2 - Duncan 19.00 - 20.00		<b>Yoga</b> Studio 2 - Richard 18.30 - 19.30		<b>Pilates</b> Studio 2 - Jo 11.00 - 12.00	