



STAPLEFORD PARK

**Lifestyle Club Timetable**

*Week commencing Monday 22nd May 2017*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Therapeutic Yoga</b> Studio 2 - Richard Voytak 9.30 - 10.30	<b>HIIT</b> Studio 3 - Norbert Varga-Sinka 9.30 - 10.30	<b>Yoga</b> Studio 2 - Richard Voytak 9.00 - 10.00	<b>Indoor Cycling</b> Studio 1 - Lisa Ashmore 9.30 - 10.30	<b>Aqua Aerobics</b> Pool - Jo Freeman 9.00 - 9.45	<b>Indoor Cycling</b> Studio 1 - Lisa Ashmore 9.15 - 10.00
<b>Ladies Gym</b> Gym - Nobert Varga-Sinka 9.30 - 10.30	<b>Yoga</b> Studio 2 - Richard Voytak 18.30 - 19.30	<b>Aqua Aerobics</b> Pool - Jo Freeman 9.15 - 10.00	<b>Qigong Drop In</b> Studio 2 - Duncan 10.00 - 11.30	<b>Yoga</b> Studio 2 - Richard Voytak 9.30 - 10.30	<b>Yoga</b> Studio 2 - Richard Voytak 10.00 - 11.00
<b>Pilates</b> Studio 2 - Sam Spencer 10.30 - 11.30	<b>HIIT</b> Studio 2 - Norbert Varga-Sinka 19.00 - 20.00	<b>Indoor Cycling</b> Studio 1 - Sam Spencer 9.30 - 10.15		<b>Step and Tone</b> Studio 3 - Jo Freeman 10.00 - 11.00	<b>HIIT</b> Studio 3 - Norbert Varga-Sinka 10.00 - 11.00
<b>Qigong &amp; Tai Chi</b> Studio 2 - Duncan 19.00 - 20.00		<b>Pilates</b> Studio 2 - Jo Freeman 10.15 - 11.15		<b>Pilates</b> Studio 2 - Jo Freeman 11.00 - 12.00	
		<b>Kettlecise</b> Studio 3 - Sam Spencer 10.30 - 11.30			
		<b>Yoga</b> Studio 2 - Richard Voytak 18.30 - 19.30			