



STAPLEFORD PARK

**Lifestyle Club Timetable**

Updated: 14th November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Therapeutic Yoga</b> Studio 2 - Richard 9.30 - 10.30 <i>(Mild)</i>	<b>Power Tone</b> Studio 3 - Sam 9.30 - 10.30	<b>Yoga</b> Studio 2 - Richard 9.00 - 10.00 <i>(Moderate)</i>	<b>Indoor Cycling</b> Studio 1 - Sam 9.30 - 10.30	<b>Yoga</b> Studio 2 - Richard 9.30 - 10.30 <i>(Moderate)</i>	<b>Indoor Cycling</b> Studio 1 - Sam 9.00 - 9.45
<b>Indoor Cycling</b> Studio 1 - Tilly 9.45 - 10.30	<b>Aqua Aerobics</b> Pool - Bix 9.45 - 10.30	<b>GymFit</b> Gym - Adam 9.45 - 10.30	<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 <i>(Intense)</i>
<b>Core Blimey</b> Studio 2 - Tilly 10.30 - 11.30	<b>Pilates</b> Studio 2 - Sam 10.45 - 11.45	<b>Pilates</b> Studio 2 - Sam 10.00 - 11.00	<b>Kettlebell Fit</b> Studio 3 - Sam 10.30 - 11.30	<b>Aqua Aerobics</b> Pool - Jo 9.30 - 10.15	<b>Yoga Technique</b> Studio 2 - Richard 11.00 - 11.30
<b>Qigong &amp; Tai Chi</b> Studio 2 - Duncan 19.00 - 20.00	<b>Yoga</b> Studio 2 - Richard 18.30 - 19.30 <i>(Intense)</i>	<b>Yoga</b> Studio 2 - Richard 18.30 - 19.30 <i>(Intense)</i>			<b>Circuits</b> Studio 3 - Sam 10.00 - 11.00