



STAPLEFORD PARK

Lifestyle Club Timetable

Updated: 29th March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Therapeutic Yoga Studio 2 - Richard 9.30 - 10.30	Power Tone Studio 3 - Sam 9.30 - 10.30	Yoga Studio 2 - Richard 9.00 - 10.00	Indoor Cycling Studio 1 - Sam 9.30 - 10.30	Yoga Studio 2 - Richard 9.30 - 10.30	Indoor Cycling Studio 1 - Sam 9.00 - 9.45
Indoor Cycling Studio 1 - Tilly 9.45 - 10.30	Pilates Studio 2 - Sam 10.45 - 11.45	Aqua Aerobics Pool - Hanna 9.30 - 10.15	Qigong Drop In Studio 2 - Duncan 10.00 - 11.30	Gem-a-tone Studio 3 - Gemma 9.30 - 10.30	Yoga Studio 2 - Richard 10.00 - 11.00
Core Blimey Studio 2 - Tilly 10.30 - 11.30	Yoga Studio 2 - Richard 18.30 - 19.30	GymFit Gym - Adam 9.45 - 10.30	Kettlebell Fit Studio 3 - Sam 10.30 - 11.30	Aqua Aerobics Pool - Jo 9.30 - 10.15	Circuits Studio 3 - Sam 10.00 - 11.00
Qigong & Tai Chi Studio 2 - Duncan 19.00 - 20.00		Pilates Studio 2 - Hanna 10.30 - 11.30			
		Yoga Studio 2 - Richard 18.30 - 19.30			