



ALTERED IMAGES Studio Class Timetable AUTUMN 2019

MON	LBT 8.30-9.15 Studio 1 CARLA	AquaFIT 9.30-10.15 Poolside CARLA	CIRCUITS 9.30-10.15 Studio 1 LAURA	GYM & TONING 10.00-11.00 GYM ANDREW	clubbercise 10.45-11.30 Studio 1 CLAIRE	PILATES 11.30-12.30 Studio 1 PHIL	TAI CHI 12.30-13.30 Studio 1 MICHELLE				Kettlebell Fit 17.45-18.30 Studio 1 LAURA	BOXERCISE 18.30-19.30 Studio 1 NEIL	SPIN 18.30-19.15 Spin Studio ROB	AquaFIT 18.45-19.30 Poolside RUBY	YOGA 19.30-20.35 Studio 1 LAURA A
TUES	EXPRESS SPIN 8.45-9.15 Spin Studio TINA	ZUMBA FITNESS 9.15-10.15 Studio 1 KATERINA	AquaFIT 9.30-10.15 Poolside RACHAEL	Ketllercise 10.15-11.00 Studio 1 CARLA	PILATES 11.00-12.00 Studio 1 PHIL							ZUMBA FITNESS 18.00-18.45 Studio 1 TINA	Kettlebell Fit 18.45-19.30 Studio 1 LAURA	METAFIT 19.30-20.00 Studio 1 LAURA	
WED	PUMP 'n' LIFT 6.00-6.45 Studio 1 RACHEL	YOGA 8.30-9.15 Studio 1 RACHEL	HARD Water 9.30-10.15 Poolside CARLA	Kettlebell Fit 9.15 -10.00 Studio 1 LAURA	ZUMBA FITNESS 10.00-10.45 Studio 1 NATALIE	SPIN 10.30-11.15 Spin Studio RACHEL	AquaFIT 12.30-13.15 Poolside RACHAEL						PUMP 'n' LIFT 18.00-19.00 Studio 1 LAURA	clubbercise 19.00-20.00 Studio 1 CLAIRE	
THURS	Ketllercise 8.30-9.20 Studio 1 CARLA	CardioTONE 9.30-10.30 Studio 1 CARLA	AquaFIT 9.30-10.15 Poolside LAURA	PILATES 10.45-11.45 Studio 1 JENNY									Kettlebell Fit 18.00-18.45 Studio 1 LAURA	CIRCUITS 19.00-20.00 Studio 1 LAURA	BOXERCISE 20.00-21.00 Studio 1 NEIL
FRI	CORE 6.00-6.30 Studio 1 RACHAEL	AquaFIT 9.30 -10.15 Poolside RACHAEL	Ketllercise 9.30 -10.20 Studio 1 CARLA	YOGA FLOW 12.30 -13.30 Studio 1 RACHAEL										Kettlebell Fit 18.00-18.30 Studio 1 LAURA	METAFIT 18.30-19.00 Studio 1 LAURA
SAT	AquaFIT 9.00-9.45 Poolside KELLY	SPIN 8.30-9.15 Spin Studio ANDREW	Kettlebell Fit 9.15-10.00 Studio 1 LAURA	ZUMBA FITNESS 10.45-11.45 Studio 1 TINA	STRETCH 11.45-12.45 Studio 1 TINA										
SUN	YOGA 9.15-10.20 Studio 1 JESS	TAI CHI 10.30-11.30 Studio 1 MICHELLE	ZUMBA FITNESS 11.30-12.30 Studio 1 CLAIRE												

Classes with a ★ pre-book at Reception

- KEY TO EXERCISE CLASSES**
- Water Based exercises
 - Strength & Conditioning
 - Cardio based Fitness
 - HIIT Classes
 - Mind Body & Stretching
 - Weight Loss Group
 - Weights Classes