

Studio Timetable

To book onto a class, please call us on 020 8399 1594



Studio Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00							
08:30							
09:00						Circuits	
09:30	Beat Box A	Spin	Legs, Bums & Tums		Impact Conditioning	09:00-10:00 Ju	Pilates
10:00	9.30 - 10.30 K	9.30 - 10.30	9.30 - 10.30 N		9.30 - 10.30 K		£ 9:30-10:30 A
10:30						Self Balance	
11:00	Yoga					10.15 - 11.00 Jul	
11:30	£ 11:00-12:15 S						
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30		Dance Stars		Dance Stars			
16:00		£ 15:45 - 17:15	Dance Stars	15:45 - 18:30			
16:30		Jnr Classes ages 2-15	£ 16.00 - 18.50	Jnr Classes ages 2-15			
17:00		Contact Clare Rowland	Jnr Dance Classes	£ Contact Clare Rowland			
17:30		07753 748819	Contact Clare Rowland	07753 748819			
18:00							
18:30							
19:00		Pilates	Boot Camp Circuits	Hula-Hoop	Street Dance		
19:30	Indoor Cycling Ju	£ 19:00-20:00 A	19.00 - 20.00 D	18.30 - 19.30 K	19:15-20:15 C		
20:00	19.30-20:15	Pilates		Hula-Hoop			
20:30	Boxercise Ju	£ 20:00-21:00 A	Spin	19.30 - 20.30 K			
21:00	20:30-21:30		20.15 - 21.15 D				
21:30							
22:00							
22:30							

KEY

<div style="background-color: #d8d8e8; width: 20px; height: 10px; display: inline-block;"></div>	Strength and Conditioning	<div style="background-color: #f4a460; width: 20px; height: 10px; display: inline-block;"></div>	Balance & Vitality
<div style="background-color: #f4a460; width: 20px; height: 10px; display: inline-block;"></div>	High Energy	<div style="background-color: #d8e8d8; width: 20px; height: 10px; display: inline-block;"></div>	Other

£ Additional Charge

Please be aware that the class timetable can change so we recommend that you call the Club prior to your visit to book onto a class.