Borough

MONDAY			TUESDAY			WEDNESDAY		
07:00	**Spinning**	**A**	07:00	**Body Pump**	**A**	07:00	**Yoga Dynamic**	**B**
	Keith (45 mins)			Hayley (45 mins)			Richard (45 mins)	
12:30	**Yoga Dynamic**	**B**	10:00	**Yoga Dynamic**	**B**	12:30	**Total Body Conditioning**	**A**
	Amanda (45 mins)			Aina (60 mins)			Klaudia (45 mins)	
13:00	**Body Attack**	**A**	12:30	**Pilates**	**B**	13:15	**Spinning**	**A**
	Zamir (45 mins)			Gianni (45 mins)			Angela (45 mins)	
17:45	**Spinning**	**A**	12:30	**Spinning**	**A**	17:45	**AbsXpress**	**A**
	Roger (45 mins)			Laura (45 mins)			Gym (15 mins)	
18:30	**AbsXpress**	**B**	13:15	**AbSolution**	**B**	18:00	**Body Pump**	**A**
	Gym (15 mins)			Gianni (30 mins)			Patricia (45 mins)	
18:30	**Body Pump**	**A**	13:15	**Zumba**	**A**	18:45	**Body Attack**	**A**
	Zamir (45 mins)			Lene (45 mins)			Patricia (45 mins)	
19:15	**Pilates**	**B**	17:45	**Total Body Conditioning**	**A**	19:30	**Spinning**	**A**
	Roger (60 mins)			Sarah (45 mins)			Jenne (45 mins)	
19:15	**Zumba**	**A**	18:00	**AbSolution**	**B**			
	AJ (45 mins)			Michael (30 mins)				
20:00	**Glee Class**	**A**	18:30	**Step**	**A**			
	AJ (60 mins)			Michael (45 mins)				
			19:15	**Yoga Dynamic**	**B**			
				Aina (60 mins)				
			19:15	**Body Pump**	**A**			
				Sarah (45 mins)				

THURSDAY			FRIDAY			SUNDAY		
07:00	**Body Attack**	**A**	13:00	**Body Pump**	**A**	10:30	**Spinning**	**A**
	Zamir (45 mins)			Zamir (45 mins)			Daniele (45 mins)	
12:15	**Pilates**	**A**	18:00	**Yoga Dynamic**	**A**	12:00	**AbsXpress**	**A**
	Paula-Jayne (45 mins)			Karl (60 mins)			Gym (15 mins)	
13:00	**AbsXpress**	**B**				12:30	**Muay Thai Kickboxing**	**A**
	Gym (15 mins)						Damon (60 mins)	
13:15	**Spinning Xpress**	**A**	**SATURDAY**					
	Greg (30 mins)		08:30	**Spinning**	**A**			
18:00	**Step**	**A**		Jenne (45 mins)				
	John (45mins)		09:20	**Pilates**	**B**		**NEW**	
18:30	**Yoga Dynamic**	**B**		Arnaldo (60 mins)			**A=Studio A**	
	Alexandra Cat (60 mins)		10:30	**Spinning**	**A**		**B=Studio B**	
18:45	**Body Pump**	**A**		Jenne (45 mins)				
	John (45 mins)		11:20	**Body Pump**	**A**		03-Jan-12	
				Olivia / Matt (60 mins)				
			12:30	**Yoga Dynamic**	**A**			
				Mark K (60 mins)				
			13:30	**Zumba**	**A**			
				Gladys (60 mins)				