

# Borough

MONDAY			TUESDAY			WEDNESDAY		
07:00 Spinning	A	Keith (45 mins)	07:00 Body Pump	A	Olivia (45 mins)	07:00 Yoga Dynamic	B	Richard (45 mins)
12:30 Yoga Dynamic	B	Amanda (45 mins)	12:30 Pilates	B	Gianni (45 mins)	12:30 Total Body Conditioning	A	Dubravko (45 mins)
13:00 Body Attack	A	Zamir (45 mins)	12:30 Spinning	A	Jeremy (45 mins)	13:15 Spinning	A	Angela (45 mins)
17:45 Spinning	A	Asaf (45 mins)	13:15 AbSolution	B	Gianni (30 mins)	18:00 Body Pump	A	Damon (45 mins)
18:00 AbsXpress	B	Gym (15 mins)	17:45 Total Body Conditioning	A	Patrick (45)	18:45 Body Attack	A	Damon (45 mins)
18:30 Body Pump	A	Zamir (45 mins)	18:00 AbSolution	B	Michael (30 mins)	18:30 AbsXpress	B	Gym (15 mins)
19:15 Pilates	B	Roger (60 mins )	18:30 Step	A	Michael (45 mins)	19:30 Spinning	A	Jenne (45 mins)
19:15 Zumba	A	Cristian (60 mins)	19:15 Yoga Dynamic	B	Heather (60 mins)			
			19:15 Body Pump	A	Sasha (45)			
THURSDAY			FRIDAY			SUNDAY		
07:00 Body Attack	A	Will (45 mins)	13:00 Body Pump	A	Zamir (45 mins)	10:30 Spinning	A	Keith (45 mins )
12:15 Pilates	A	Paulo (45)	18:00 Yoga Dynamic	B	Karl (60 mins)	12:00 AbsXpress	A	Gym (15 mins)
13:00 AbsXpress	A	Gym (15)				12:30 Muay Thai Kickboxing	A	Damon ( 60 mins )
13:15 Spinning Xpress	A	Laura (30 mins)	SATURDAY					
18:00 Step	A	John (45mins)	08:45 Spinning	A	Jenne (45 mins)			
18:30 Yoga Dynamic	B	Mark (60 mins)	09:30 Pilates	B	Cynthia ( 60 mins )	<b>NEW</b>		
18:45 Body Pump	A	John (45 min)	09:30 AbsXpress	A	Gym (15 mins)	A=Studio A		
			10:30 Spinning	A	Jenne (45 mins)	B=Studio B		
			11:20 Body Pump	A	Olivia (60 mins)			01-Aug-09