

# Camden Town

## MONDAY

**13:00 Spinning**  
David (45 mins)

**13:45 AbsXpress**  
Gym (15mins)

**18:00 Spinning**  
Tim (45mins)

**18:50 Total Body Conditioning**  
Mandy (45 mins)

**19:40 Pilates**  
Mandy (45 mins)

**20:30 Muay Thai Kickboxing**  
Gary (60 mins)

## TUESDAY

**07:30 Spinning**  
Tim (45)

**12:30 Pilates Ball**  
Alvin (60 mins)

**13:30 Yoga Dynamic Flow**  
Cat (60 mins)

**18:00 Abs: Glide and Ball**  
Arnaud(30)

**18:30 Body Pump**  
Arnaud (60 mins)

**19:30 Spinning**  
Arnaud (45 mins)

**20:15 Street Dance**  
Alex £ Pay Teacher (60 mins)

## WEDNESDAY

**10:50 Tai Chi**  
Arthur (80 mins)

**12:25 Spinning**  
Sasha (45 mins)

**13:15 Body Pump**  
Sasha (45 mins)

**18:00 Spinning Xpress**  
Isabella (30 mins)

**18:35 Body Combat**  
Olivia (60 mins)

**19:30 Yoga Beginners**  
Aina (60 mins)

**20:30 Street Dance**  
Alex £ Pay Teacher (60 mins)

## THURSDAY

**13:00 Yoga Dynamic Flow**  
Karl (60 mins)

**18:10 Spinning**  
Tim (45 mins)

**19:00 Body Pump**  
Zamir (45 mins)

**19:50 Muay Thai Kickboxing**  
Gary (60 mins)

## FRIDAY

**13:00 Pilates Ball**  
Alex (60 mins)

**20:00 TaeKwonDon**  
Frank £ Pay Teacher (60 mins)

## SUNDAY

**11:30 Spinning**  
Tim (45 mins)

**12:15 AbsXpress**  
Gym (15 mins)

**14:00 Capoeira Mixed Level**  
Magrelo £ Pay Teacher (90 mins)

## SATURDAY

**09:30 Yoga Beginners**  
Martin(60 mins)

**10:30 Body Pump**  
Leo (60 mins)

**11:30 Body Combat**  
Leo (60 mins)

**15:00 Capoeira Beginners**  
Magrelo £ Pay Teacher (120 mins)

**NEW**

04-Jan-10