

Clapham Common

MONDAY		TUESDAY		WEDNESDAY	
07:00 Body Pump	A	06:45 Spinning Xpres	B	07:00 Body Pump	A
Islay (45)		Paul L (30)		Patricia (45)	
12:30 AbsXpress	A	07:15 Soho Circuit	A	12:30 Spinning	B
Gym (15)		Paul L (30)		Marie-Jane (45)	
17:45 Yoga Dynamic	A	12:30 Pilates	A	13:15 Total Body	A
tbc (45)		Michael (60)		Marie-Jane (45)	
18:30 Body Pump	A	17:45 AbsXpress	A	17:45 Spinning	B
John (60)		Leo (15)		Jamal (45)	
19:30 Spinning	B	18:00 Spinning Xpres	B	17:45 Feature Class	A
Luis (45)		Leo (30)		tbc (45)	
19:30 Extreme Card	A	18:30 Total Body	A	18:30 Body Attack	A
John (45)		Leo (30)		Arnaud (60)	
20:15 Pilates	A	19:00 Body Combat	A	19:30 Body Pump	A
Anne-Mette (60)		Olivia (45)		Arnaud (60)	
		19:45 Body Pump	A	20:30 Yoga	A
		Olivia (45)		tbc (60)	
		20:30 Zumba	A		
		Lene (45)			
THURSDAY		FRIDAY		SUNDAY	
07:00 Spinning	B	12:30 AbsXpress	A	10:30 Zumba	A
Leo (45)		Gym Team (15)		AJ (60)	
12:30 Yoga Hatha	A	18:30 Spinning	B	11:30 Body Combat	A
Caroline (60)		tbc (45)		Hayley (60)	
18:00 AbSolution	A	19:00 Kung Fu	A	12:30 Spinning	B
Jenny (30)		Richard £ Pay Teacher (120)		Hayley (60)	
18:30 Body Step	A			16:00 Pilates	A
Jenny (60)				Michael (60)	
19:30 Body Pump	A				
Jenny (45)					
		SATURDAY			
		08:15 Spinning	B		
		Jamal (45)			
		09:15 Yoga Hatha	A	NEW	
		Simon (75)			
		10:30 Extreme Cardic	A	03-Jan-12	
		Mark Sant / Islay (60)			
		11:30 Body Pump	A		
		Mark Sant / Islay (60)			
		12:30 Spinning	B		
		Keith (45)			

