

Clapham Common

MONDAY

- 07:00 Body Pump**
Patricia (45)
- 13:00 AbsXpress**
Gym (15)
- 13:15 Pilates**
Michael (60)
- 17:45 Spinning**
tbc (45)
- 18:30 Body Pump**
John (60)
- 19:30 Extreme Cardio**
John (45)
- 20:15 Pilates**
Anne-Mette (60)

TUESDAY

- 07:15 Yoga Hatha**
Martin (60)
- 13:00 AbsXpress**
Gym (15)
- 13:15 Yoga**
Aina (60)
- 18:00 Yoga Beginners**
Martin (60)
- 19:00 Body Combat**
Giles (45)
- 19:45 Body Pump**
Giles (45)

WEDNESDAY

- 07:00 Body Pump**
Patricia (45)
- 12:30 Spinning**
Mary Jane (40)
- 13:15 Legs and Abs**
Mary Jane (45)
- 17:45 Spinning**
Natalie (45)
- 18:30 Body Attack**
Patricia (60)
- 19:30 Body Pump**
Patricia (60)
- 20:30 Yoga**
Martin (60)

THURSDAY

- 07:00 Spinning**
Leo (45)
- 18:15 AbSolution**
Tony (30)
- 18:45 Body Step**
Giles / Alison (60)
- 19:30 Body Pump**
Giles / Alison (60)
- 20:30 Kung Fu**
Richard £ Pay Teacher (60)

FRIDAY

- 12:30 Yoga Hatha**
Caroline (60)
- 19:00 Kung Fu**
Richard £ Pay Teacher (60)

SUNDAY

- 10:00 Tai Chi**
Joyce (90)
- 11:30 Body Combat**
Hayley / Leo (60)
- 12:30 Spinning**
Hayley / Leo (60)
- 16:00 Pilates**
Michael (60)

SATURDAY

- 08:15 Spinning**
Justin (45)
- 09:15 Yoga Hatha**
Simon (75)
- 10:30 Extreme Cardio**
Mark Sant (60)
- 11:30 Body Pump**
Mark Sant (60)
- 12:30 Spinning**
Keith (45)

NEW

19-Jul-10

