

Waterloo

MONDAY			TUESDAY			WEDNESDAY		
07:30 Spinning	B	Jenny (45 mins)	07:30 Yoga Dynamic Flow	D	Mark (60 mins)	07:30 Soho Circuit	A	Jeremy (45 mins)
12:45 AbSolution	A	Angela (30 mins)	12:45 Yoga Hatha	D	Caroline (45 mins)	13:00 AbSolution	A	Tony (30 mins)
13:00 Spinning	B	Andrew (45 mins)	12:45 Spinning	B	Stephanie (45 mins)	13:00 Spinning	B	Mandy (45 mins)
13:15 Pilates Beginners	D	Angela (45 mins)	13:15 Body Pump	A	Giles (45 mins)	13:30 Extreme Cardio	A	Tony (30 mins)
17:45 Body Attack	A	Vanessa (45 mins)	17:45 Total Body Conditioning	A	Hugo (45 mins)	17:45 Body Pump	A	John (60 mins)
18:00 Yoga Beginners	D	Cat (75 mins)	18:15 Spinning	B	Wayne (40 mins)	18:00 Yoga Beginners	D	Martin (60 mins)
18:30 Body Pump	A	Vanessa (60 mins)	18:30 Pilates	D	Angela (60 mins)	18:30 Spinning	B	Daniele (45 mins)
18:45 Spinning	B	Wayne (40 mins)	18:30 Zumba	A	Lene (45 mins)	18:45 Step	A	John (45 mins)
20:00 Krav Maga		Adrian £ Pay Teacher	19:30 AbSolution	D	Gym (30 mins)	19:15 Tai Chi	D	Carl (60 mins)
			19:30 Krav Maga	A	Adrian £ Pay teacher			
THURSDAY			FRIDAY			SATURDAY		
07:30 Yoga Dynamic Flow	D	Karl (60 mins)	13:15 Body Attack	A	Olivia (45 mins)	10:30 Spinning	B	Tim (60 mins)
07:30 Spinning	B	Hayley (45 mins)	17:45 Spinning	B	Wayne (40 mins)	10:45 Body Pump	A	Alison (60 mins)
12:45 Body Pump	A	Zamir (45 mins)						
13:00 Spinning	B	Isabella (45 mins)						
13:00 Yoga Hatha	D	Simon (45 mins)						
18:00 Pilates Beginners	D	Scott (60 mins)						
18:15 Spinning	B	Rob (45 mins)						
18:30 Body Pump	A	Olivia (60 mins)						
19:00 Kickboxing (Muay Thai)	D	Damon (60 mins)						
19:30 Savate	A	James £ Pay Teacher						
						SUNDAY		
						12:00 Yoga Dynamic Flow	A	Karl (75 mins)

NEW

A= Studio A
 B= Spinning Studio
 C= Boxing Studio
 D= Yoga and Pilates Studio

01-Jul-09