Waterloo

MONDAY

07:30	**Spinning**	B
	James (45 mins)	
12:45	**AbSolution**	A
	Angela (30 mins)	
13:00	**Spinning**	B
	tbc (45 mins)	
13:15	**Pilates Beginners**	D
	Angela (45 mins)	
17:45	**Body Attack**	A
	Kc (45 mins)	
18:00	**Yoga Beginners**	D
	Pashenka (75 mins)	
18:30	**Body Pump**	A
	Kc (60 mins)	
18:45	**Spinning**	B
	Daniele (45 mins)	
19:30	**Krav Maga**	
	Adrian £ Pay Teacher	

TUESDAY

07:30	**Yoga Dynamic Flow**	D
	Mark K (60 mins)	
12:45	**Yoga Hatha**	D
	Caroline (45 mins)	
12:45	**Spinning**	B
	Sandie (45 mins)	
13:15	**Body Pump**	A
	tbc (45 mins)	
17:45	**Total Body Conditioning**	A
	Paul (45 mins)	
18:15	**Spinning**	B
	Martin (45 mins)	
18:30	**Pilates**	D
	Arnaldo (60 mins)	
18:30	**Zumba**	A
	Lene (45 mins)	
19:30	**AbsXpress**	stretch area
	Gym (15 mins)	
19:30	**Krav Maga**	A
	Adrian £ Pay teacher	

WEDNESDAY

07:30	**Soho Circuit**	A
	Fabiola (45 mins)	
13:00	**AbSolution**	A
	Tony (30 mins)	
13:00	**Spinning**	B
	Asaf (45 mins)	
13:30	**Extreme Cardio**	A
	Tony (30 mins)	
17:45	**Body Pump**	A
	John (60 mins)	
18:00	**Yoga Beginners**	D
	Aina (60 mins)	
18:30	**Spinning**	B
	Asaf (45 mins)	
18:45	**Step**	A
	John (45 mins)	
19:00	**Tai Chi**	D
	Carl (60 mins)	

THURSDAY

07:30	**Yoga Dynamic Flow**	D
	Aina (60 mins)	
07:30	**Spinning**	B
	Hayley (45 mins)	
12:45	**Body Pump**	A
	Zamir (45 mins)	
13:00	**Spinning**	B
	Nora (45 mins)	
13:00	**Yoga Hatha**	D
	Simon (45 mins)	
18:00	**Pilates Beginners**	D
	Scott (60 mins)	
18:15	**Spinning**	B
	Patrick (45 mins)	
18:30	**Body Pump**	A
	Olivia (60 mins)	
19:30	**Savate**	A
	James £ Pay Teacher	

FRIDAY

12:30	**Zumba**	A
	Debora (45 mins)	
13:15	**Body Attack**	A
	Olivia (45 mins)	
17:45	**Spinning**	B
	tbc (45 mins)	

NEW

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

03-Jan-12

SATURDAY

10:00	**Spinning**	B
	Will (45 mins)	
10:45	**Body Pump**	A
	Alison (60 mins)	

SUNDAY

12:00	**Yoga Dynamic Flow**	A
	Karl (75 mins)	