



STUDIO

LEWISHAM GROUP EXERCISE TIMETABLE

From
January
2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	BODYCOMBAT™ 06:05 - 06:35 A Virtual	BODYPUMP™ 06:05 - 06:35 A Virtual	YOGA 6.30-7.30 B Rebecca	BODYCOMBAT™ 06:05 - 06:35 A Virtual	BODYPUMP™ 06:05 - 06:35 A Virtual	BLITZ 60 08:30 - 09:30 A Will L	BODYPUMP™ 09:00 - 09:30 A Virtual
	BODYPUMP™ 06:45 - 07:30 A Sue	BLITZ 45 06:45 - 07:30 A Will L	SPINNING® 06:45 - 07:30 B Petya	BODYATTACK™ 06:45 - 07:30 A Vanessa R	SPINNING® 06:45 - 07:30 B Dee	ZUMBA® 09:30 - 10:30 A Michelle	EPICRIDE 09:15 - 10:00 B Virtual
			CYCLE 08:00 - 08:45 B Virtual		CYCLE 08:00 - 08:45 B Virtual	SPINNING® 10:00 - 11:00 B Petya	HIIT 10:00 - 10:45 A Sophia
	BARRE 10:00 - 10:30 B Virtual	BODYPUMP™ 10:00 - 11:00 A Patricia	BODYCOMBAT™ 10:00 - 11:00 A Virtual	YOGA 10:00 - 11:00 A David	BODYPUMP™ 10:00 - 11:00 A Virtual	BODYATTACK™ 10.30-11.15 A Maddie	CYCLE 12:00 - 12:45 B Virtual
LUNCH	3:5:15 HIIT 12:30 - 12:45 Gym Fitness Team	BODYCOMBAT™ 11:10 - 12:10 A Virtual	SPINNING® 12:30 - 13:15 B Wayne	BODYPUMP™ 12:30 - 13:30 A Patricia	MOVE 12:30 - 13:00 A Virtual	BODYPUMP™ 11.30-12.30 A Maddie	YOGA 12:00 - 13:00 A Harold
	BODYCOMBAT™ 12:30 - 13:00 A Virtual	BOXX 12:30 - 13:00 A Virtual	P90X 12.00-13.00 A Virtual	BALLET BOOTCAMP 13:40 - 14:40 A Virtual	KILLER ABS 13:00 - 13:30 A Virtual	PILATES 13:00 - 14:00 A Allison	BARRE 13:30 - 14:00 A Virtual
	BODYPUMP™ 13:30 - 14:30 A Virtual	BALLET BOOTCAMP 13:00 - 13.30 A Virtual				BODYPUMP™ 14:30 - 15:00 A Virtual	BODYCOMBAT™ 14:30 - 15:00 A Virtual
EVENING	SPINNING® 18:00 - 18:45 B Mandi	CYCLE 17:15 - 17:45 B Virtual	HIIT 17:30 - 18:00 A Julianna	BODYCOMBAT™ 17:15 - 17:45 A Virtual	CYCLE 17:15 - 17:45 B Virtual	ZUMBA 15:30 - 16:00 A Virtual	CYCLE 15:30 - 16:15 B Virtual
	BODYPUMP™ 18:15 - 19:00 A Maddie	3:5:15 HIIT 17:45 - 18:00 Gym Fitness Team	BODYPUMP™ 18:00 - 19:00 A Peter	SPINNING® 18:00 - 18:45 B Eva	3:5:15 HIIT 17:45 - 18:00 Gym Fitness Team	PILATES 16:15 - 16:45 A Virtual	BODYBALANCE™ 16:30 - 17:30 A Virtual
	BLITZ 30 19:00 - 19:30 A Will	ZUMBA® 18:00 - 19:00 A Mark	CYCLE 18:15 - 19:00 B Virtual	HIIT 18:00 - 18:50 A Sunita	BOX TRAINING 18:15 - 19:15 A Poku	PIYO 17:30 - 18:00 A Virtual	
	CYCLE 19:00 - 19:45 B Virtual	SPINNING® 18:30 - 19:15 B Petya	BROKEN 19:00 - 19:45 A Tony	EPICRIDE 19:00 - 19:30 B Virtual	YOGA 19:15 - 20:15 A Mike L		
	BODYCOMBAT™ 19:30 - 20:15 A Ebba	HIIT 19:00 - 19:45 A Eva	SPINNING® 19:15 - 20:00 B Peter	LTB 19:00 - 19:45 A Eva	MOVE 20:30 - 21:00 A Virtual		
	BODYPUMP™ 20:15 - 21:00 A Debbie M	CYCLE 20:00 - 20:30 B Virtual	ZUMBA 20:00 - 20:30 A Virtual	YOGA 20:00 - 20:30 A Virtual			
		BODYBALANCE™ 20:00 - 21.00 A Virtual					

KEY

- EXCLUSIVE SOHO
- HOLISTIC
- STRENGTH
- DANCE
- HIIT
- CYCLE
- COMBAT