

WATERLOO GROUP EXERCISE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	SPINNING® 07:15 - 08:00 B <i>Michelle N</i>	BODYPUMP™ 07:15 - 08:00 <i>Jordan</i>	DRILL: 07:30 - 08:15 A <i>Desta</i>	SPINNING® 07:30 - 08:15 B <i>Hayley</i>	SPINNING® 07:15 - 08:00 B <i>Michelle N</i>	CYCLE-SOUNDS 10:00 - 10:45 B <i>Tim</i>	SPINNING® 10:30 - 11:15 B <i>Jordan</i>
		YOGA 07:30 - 08:30 D <i>Michael</i>		YOGA 07:30 - 08:30 D <i>Aina</i>		BODYPUMP™ 10:50 - 11:50 A <i>Andrew</i>	
LUNCH	SPINNING® 12:45 - 13:15 B <i>Daz</i>	BODYPUMP™ 12:30 - 13:15 A <i>Diomideia</i>	CORE WHEEL 12:45 - 13:15 A <i>Tony</i>	BODYPUMP™ 12:30 - 13:15 A <i>Matt P</i>	HIIT- 12:30 - 13:00 A <i>Jac</i>		
	PILATES 13:00 - 14:00 D <i>Adrian</i>	CYCLE-SOUNDS 12:45 - 13:15 B <i>Tim</i>	HIIT-CYCLE 12:45 - 13:15 B <i>Mandi</i>	SPINNING® 13:00 - 13:45 B <i>Renee</i>	BODY PUMP 13:00 - 13:45 A <i>Jac</i>		
	INSANITY® 13:15 - 13:45 A <i>Abbie</i>	BROGA® FITNESS YOGA 12:45 - 13:30 D <i>Matt M</i>	HIIT 13:15 - 13:45 A <i>Tony</i>	HATHA YOGA 13:00 - 13:45 D <i>Simon</i>			
		CORE 13:15 - 13:45 A <i>Diomideia</i>		DRILL: 13:15 - 13:45 A <i>Gosia P</i>			
EVENING	3:5:15 HIIT 17:45 - 18:05 Gym <i>Fitness Team</i>	CORE 17:40 - 18:10 A <i>Diomideia</i>	3:5:15 HIIT 17:45 - 18:05 Gym <i>Fitness Team</i>	BROKEN 18:00 - 18:30 A <i>Maddie</i>	HIIT-CYCLE 18:15 - 19:00 B <i>Luis</i>		
	BODYATTACK™ 17:45 - 18:30 A <i>Vicky T</i>	3:5:15 HIIT 17:45 - 18:05 Gym <i>Fitness Team</i>	BODYPUMP™ 17:45 - 18:30 A <i>John S</i>	CYCLE-SOUNDS 18:30 - 19:15 B <i>Tim</i>			
	YOGA 18:00 - 19:15 D <i>Alice</i>	BODYCOMBAT™ 18:10 - 18:55 A <i>Diomideia</i>	SPINNING® 18:00-18:45 B <i>Michelle N</i>	BODYPUMP™ 18:30 - 19:30 A <i>Olivia</i>			
	BODYPUMP™ 18:30 - 19:30 A <i>Vicky T</i>	PILATES 18:30 - 19:30 D <i>Fleur</i>	YOGA 18:00 - 19:00 D <i>Michael</i>	YOGA 18:30 - 19:30 D <i>Gandha</i>			
	HIIT-CYCLE 18:30 - 19:15 B <i>Gordon</i>	SPINNING® 18:30 - 19:15 B <i>Caroline</i>	HIIT 18:30 - 19:15 A <i>John S</i>				

KEY	
EXCLUSIVE SOHO	HIIT
HOLISTIC	CYCLE
STRENGTH	COMBAT
DANCE	