

# STUDIO CLASS TIMETABLE AUTUMN 2011

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--|---|--|--|---|
| 09:00 - 09:30<br><b>TRX Fit</b><br>Caroline Easton                | 09:30 - 10:30<br><b>Body Pump</b><br>Caroline Easton           | 09:00 - 09:30<br><b>TRX Fit</b><br>Jackie Myers           | 09:00 - 10:30<br><b>TT&amp;B</b><br>Tiffany Anderson           | 09:00 - 09:30<br><b>TRX Fit</b><br>Julia Stebbing          | 09:00 - 10:00<br><b>Body Combat</b><br>Jo Reidy           |
| 09:30 - 10:30<br><b>Boot Camp Step</b><br>Jo Langham              | 10:30 - 11:30<br><b>Stability Ball</b><br>Caroline Easton      | 09:30 - 10:30<br><b>Body Combat</b><br>Jo Reidy           | 10:30 - 11:30<br><b>Spin</b><br>Jeff Lunn                      | 09:30 - 10:30<br><b>Step</b><br>Jo Langham                 | 09:15 - 10:00<br><b>Spin</b><br>Kerry Cobden              |
| 10:30 - 11:30<br><b>Pilates</b><br>Jackie Gregory                 | 12:30 - 13:30<br><b>Box Fit</b><br>Jeff Lunn                   | 09:30 - 10:30<br><b>Gentle Gym</b><br>Jackie Myers        |  | 09:30 - 10:30<br><b>Plan Weight Loss</b><br>Julia Stebbing | 10:15 - 11:15<br><b>Spin</b><br>Jeff Lunn                 |
| 10:30 - 11:30<br><b>Running Club &amp; Abs</b><br>Caroline Easton |  | 10:30 - 11:30<br><b>Spin</b><br>Kerry Cobden              |  | 10:30 - 11:30<br><b>Body Conditioning</b><br>Jo Langham    | 14:00 - 14:30<br><b>TRX Fit</b><br>Gabriel Beckett        |
| 13:30 - 14:15<br><b>Spin</b><br>Kerry Cobden                      |  | 15:45 - 16:45<br><b>Teen Aerobics</b><br>Caroline Easton  |  | 15:45 - 16:45<br><b>Junior Gym</b><br>Sean Parsons         | <b>SUNDAY</b>   |
| 15:45 - 16:45<br><b>Junior Gym</b><br>Kerry Cobden                |  |   |  |  | 09:00 - 09:30<br><b>Body Combat Technique</b><br>Jo Reidy |
|   | 18:00 - 18:30<br><b>Body Pump Technique</b><br>Caroline Easton |   |  |  | 09:30 - 10:30<br><b>Body Combat</b><br>Jo Reidy           |
| 18:15 - 19:15<br><b>Body Combat</b><br>Jo Reidy                   | 18:30 - 19:30<br><b>Body Pump</b><br>Caroline Easton           | 18:30 - 19:30<br><b>Balance Multi-Fit</b><br>Susie Bishop | 18:30 - 19:30<br><b>Body Pump Abs Extra</b><br>Caroline Easton | 18:30 - 19:30<br><b>Body Pump</b><br>Ersa Smith            |   |
| 19:15 - 20:15<br><b>Pilates</b><br>Jackie Gregory                 | 19:00 - 20:00<br><b>Spin</b><br>Jeff Lunn                      | 18:30 - 19:30<br><b>Spin</b><br>Jo Reidy                  | 18:30 - 19:30<br><b>Spin</b><br>Jo Reidy                       | 19:00 - 19:30<br><b>Squash Fit</b><br>Jeff Lunn            |   |
| 19:15 - 20:15<br><b>TRX Fit</b><br>Ellis Tuckey                   | 19:30 - 20:30<br><b>Body Combat</b><br>Jo Reidy                | 19:30 - 20:30<br><b>TRX Fit</b><br>Sean Parsons           | 19:30 - 20:30<br><b>Core &amp; Abs</b><br>Julia Stebbing       | 19:30 - 21:00<br><b>Box Fit</b><br>Jeff Lunn               |   |
| 20:15 - 21:15<br><b>Spin</b><br>Jeff Lunn                         | 20:30 - 22:00<br><b>Karate</b><br>Tim Shaw                     | 20:30 - 21:30<br><b>Box Fit</b><br>Jeff Lunn              |  |  |   |

**STUDIO CLASS DEFINITIONS**

- TRX CLASS**
- HIGH ENERGY CLASS**
- STRENGTH & CONDITIONING CLASS**
- SPINNING CLASS**
- CORE & ABS**
- RUNNING CLUB**
- WEIGHT LOSS PROGRAMME**
- OTHER CLASS**