

# Studio Timetable - evening classes

## Monday

■	Yoga <i>Pam</i>	17:25 - 18:25
■	Run Club <i>Rebel Runners</i>	18:00 - 18:20
■	Aerobic Attack <i>Julie</i>	18:30 - 19:30
■	BTT <i>Gym staff</i>	10:00 - 10:30

## Tuesday

■	Boxing <i>Baz</i>	18:00 - 19:00
■	Core 30 <i>Joe</i>	18:00 - 18:30
■	Funky BTT <i>Julie</i>	18:30 - 19:15
■	Kettlecise <i>Joe</i>	18:45 - 19:30
■	Aquafit <i>Julie</i>	20:45 - 21:30
■	Zumba <i>Kathy</i>	11:15 - 12:00

## Wednesday

■	Core 30 <i>Gym Staff</i>	17:30 - 18:00
■	PHIIT <i>Phil</i>	18:00 - 18:45

- Tai Chi  
*Patricia* 19:00 - 20:00
- BTT  
*Helena* 09:30 - 10:15

## Thursday

- Zumba Kids  
*Meegan* 16:30 - 17:15
- Zumba  
*Meegan* 17:45 - 18:30
- Boxing  
*Baz* 18:00 - 19:30
- Pump Fit  
*Julie* 18:30 - 19:30
- Boogie Bounce  
*Pip* 19:30 - 20:30
- AB Blast  
*Gym staff* 10:00 - 10:30

## Friday

- Circuits  
*Gym Staff* 18:00 - 19:00

## Saturday

## Sunday

- Body Blitz  
*Gym staff* 10:00 - 10:30