

MONDAY		
EARLY MORNING		
06:35 07:20	HIIT STRENGTH	STUDIO 1
ANGELO		
MID MORNING		
09:30 10:00	POWER SPIN	STUDIO 2
★	JOE	
10:10 11:10	BODYPUMP	STUDIO 1
KIM		
11:15 12:00	MATURE MOVERS	STUDIO 1
LEANNE		
LUNCH		
12:15 13:00	ABS + ARMS	MAIN GYM
ANGELO		
EVENING		
17:30 18:00	CORE CONDITIONING	STUDIO 1
CAT		
18:00 19:00	BODYPUMP	STUDIO 1
CAT		
19:15 20:00	SPIN	STUDIO 2
★	CAT	
19:00 20:15	HATHA YOGA	STUDIO 1
LYNN		

TUESDAY		
EARLY MORNING		
06:45 07:30	SPIN	STUDIO 2
★	CAROLINE	
MID MORNING		
09:30 10:15	FUSION DANCE	STUDIO 1
DENISE		
10:20 11:05	BODY TONE	STUDIO 1
JESSICA		
LUNCH		
12:15 13:00	LEG + BUMS	MAIN GYM
ANGELO		
EVENING		
17:55 18:55	ZUMBA	STUDIO 1
ROBERTO		
18:15 18:45	POWER SPIN	STUDIO 2
★	CAROLINE	
19:15 20:15	SWEAT YOGA	STUDIO 2
★	SARA	
19:00 20:00	INSANITY	STUDIO 1
CAROLINE		

WEDNESDAY		
EARLY MORNING		
MID MORNING		
09:30 10:15	POWER SPIN	STUDIO 2
★	DARREN	
10:30 11:30	PILATES	STUDIO 1
SARA		
LUNCH		
12:15 13:00	CHEST + BACK	MAIN GYM
ANGELO		
EVENING		
17:45 18:30	KETTLEBELLS	STUDIO 1
ANGELO		
18:30 19:00	CORE CONDITIONING	STUDIO 1
ANGELO		
18:15 19:00	SPIN	STUDIO 2
★	JO MORRIS	
19:00 20:00	BOOT CAMP	STUDIO 1
ANGELO / JOE		

THURSDAY		
EARLY MORNING		
06:35 07:20	HIIT CARDIO	STUDIO 1
ANGELO		
MID MORNING		
09:30 10:00	POWER SPIN	STUDIO 2
★	MAXINE	
10:10 11:10	BODYPUMP	STUDIO 1
MAXINE		
11:15 12:15	SWEAT YOGA	STUDIO 2
★	SARA	
LUNCH		
12:15 13:00	INSANE CORE	MAIN GYM
ANGELO		
EVENING		
17:40 18:40	CLUBBERCISE	STUDIO 1
JESSICA		
18:00 18:30	SPIN	STUDIO 2
★	CAROLINE	
18:45 19:45	BODYPUMP	STUDIO 1
CAROLINE		
19:00 20:00	PILATES	STUDIO 2
★	SARA	

FRIDAY		
EARLY MORNING		
06:45 07:30	SPIN	STUDIO 1
★	CAROLINE	
MID MORNING		
09:30 10:30	CLUBBERCISE	STUDIO 1
JESSICA		
10:30 11:10	CORE CONDITIONING	STUDIO 1
JESSICA		
11:15 12:00	MATURE MOVERS	STUDIO 1
LEANNE		
LUNCH		
12:15 13:00	FULL BODY	MAIN GYM
ANGELO		
EVENING		
17:30 18:00	POWER SPIN	STUDIO 2
★	DARREN	
18:10 19:10	BOOT CAMP	STUDIO 1
DARREN		
18:15 19:15	SWEAT YOGA	STUDIO 2
★	SARA	

SATURDAY		
EARLY MORNING		
MID MORNING		
09:20 09:50	SPIN	STUDIO 2
★	DARREN	
10:00 11:00	BOOT CAMP	STUDIO 1
DARREN / JOE		

SUNDAY		
EARLY MORNING		
MID MORNING		
09:20 09:50	SPIN	STUDIO 2
★	CAROLINE	
10:00 11:00	BOOT CAMP	STUDIO 1
CAROLINE		
11:05 12:05	PILATES	STUDIO 1
SARA		

2017 SUMMER / AUTUMN STUDIO CLASS TIMETABLE

TABLE KEY	
	DANCE FITNESS
	MIND & FLEX STRECH
	MIXED
	AEROBIC FITNESS
	STRENGTH & CONDITION
	BOOK AT RECEPTION



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