

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
EARLY MORNING																				
			06:45 07:30	SPIN	STUDIO 2				06:35 07:20	HIIT CARDIO	STUDIO 1	06:45 07:30	SPIN	STUDIO 1						
			★	CAROLINE						ANGELO		★	CAROLINE							
MID MORNING																				
09:30 10:00	POWER SPIN	STUDIO 2	09:30 10:15	FUSION DANCE	STUDIO 1	09:30 10:15	POWER SPIN	STUDIO 2	09:30 10:00	POWER SPIN	STUDIO 2	09:30 10:30	CLUBBERCISE	STUDIO 1	09:20 09:50	SPIN	STUDIO 2	09:20 09:50	SPIN	STUDIO 2
★	JOE			DENSIE		★	DARREN		★	MAXINE			JESSICA		★	DARREN		★	CAROLINE	
10:10 11:10	BODYPUMP	STUDIO 1	10:20 11:05	BODY TONE	STUDIO 1	10:30 11:30	PILATES	STUDIO 1	10:10 11:10	BODYPUMP	STUDIO 1	10:30 11:10	CORE CONDITIONING	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1
	KIM			JESSICA			SARA			MAXINE			JESSICA			DARREN / JOE			CAROLINE	
11:15 12:00	MATURE MOVERS	STUDIO 1							11:15 12:15	SWEAT YOGA	STUDIO 2			11:15 12:00	MATURE MOVERS	STUDIO 1		11:05 12:05	PILATES	STUDIO 1
	JESSICA								★	SARA			JESSICA						SARA	
LUNCH																				
12:15 13:00	ABS + ARMS	MAIN GYM	12:15 13:00	LEG + BUMS	MAIN GYM	12:15 13:00	CHEST + BACK	MAIN GYM	12:15 13:00	INSANE CORE	MAIN GYM	12:15 13:00	FULL BODY	MAIN GYM						
	ANGELO			ANGELO			ANGELO			ANGELO			ANGELO							
EVENING																				
17:30 18:00	CORE CONDITIONING	STUDIO 1	17:55 18:55	ZUMBA	STUDIO 1	17:45 18:30	KETTLEBELLS	STUDIO 1	17:40 18:40	CLUBBERCISE	STUDIO 1	18:10 19:10	BOOT CAMP	STUDIO 1						
	ANGELO			ROBERTO			ANGELO			JESSICA			DARREN							
18:00 19:00	BODYPUMP	STUDIO 1	18:15 18:45	POWER SPIN	STUDIO 2	18:30 19:00	CORE CONDITIONING	STUDIO 1	18:00 18:30	SPIN	STUDIO 2									
	LEANNE		★	CAROLINE			ANGELO		★	CAROLINE										
19:15 20:00	SPIN	STUDIO 2	19:15 20:15	SWEAT YOGA	STUDIO 2	18:15 19:00	SPIN	STUDIO 2	18:45 19:45	BODYPUMP	STUDIO 1									
★	DARREN		★	SARA		★	DARREN			CAROLINE										
19:00 20:15	HATHA YOGA	STUDIO 1	19:00 20:00	INSANITY	STUDIO 1	19:00 20:00	BOOT CAMP	STUDIO 1	19:00 20:00	PILATES	STUDIO 2									
	LYNN			CAROLINE			ANGELO / JOE		★	SARA										

2017 SUMMER / AUTUMN STUDIO CLASS TIMETABLE

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



WWW.DALLINGTONFITNESS.CO.UK

TEL: 01604 59 29 29