

MONDAY		
EARLY MORNING		
MID MORNING		
09:30 10:00	<b>POWER SPIN</b>	STUDIO 2
★	JOE	
10:10 11:10	<b>BODYPUMP</b>	STUDIO 1
	KIM	
11:15 12:00	<b>MATURE MOVERS</b>	STUDIO 1
	JESSICA	
LUNCH		
12:15 13:00	<b>LEG + BUMS</b>	MAIN GYM
	ANGELO	
EVENING		
17:45 18:45	<b>BODYPUMP</b>	STUDIO 1
	CAROLINE	
19:15 20:00	<b>SPIN</b>	STUDIO 2
★	DARREN	
18:45 19:45	<b>HATHA YOGA</b>	STUDIO 1
	KATE	

TUESDAY		
06:45 07:30	<b>SPIN</b>	STUDIO 2
★	CAROLINE	
09:30 10:15	<b>FUSION DANCE</b>	STUDIO 1
	DENSIE	
10:20 11:05	<b>BODY TONE</b>	STUDIO 1
	JESSICA	
LUNCH		
17:55 18:55	<b>ZUMBA</b>	STUDIO 1
	ROBERTO	
18:15 18:45	<b>POWER SPIN</b>	STUDIO 2
★	CAROLINE	
19:15 20:15	<b>SWEAT YOGA</b>	STUDIO 2
★	SARA	
19:00 20:00	<b>INSANITY</b>	STUDIO 1
	CAROLINE	

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

THURSDAY		
09:30 10:00	<b>POWER SPIN</b>	STUDIO 2
★	MAXINE	
10:10 11:10	<b>BODYPUMP</b>	STUDIO 1
	MAXINE	
11:15 12:15	<b>SWEAT YOGA</b>	STUDIO 1
	SARA	
LUNCH		
12:15 13:00	<b>INSANE CORE</b>	MAIN GYM
	ANGELO	
17:40 18:40	<b>CLUBBERCISE</b>	STUDIO 1
	JESSICA	
18:00 18:30	<b>SPIN</b>	STUDIO 2
★	CAROLINE	
18:45 19:45	<b>BODYPUMP</b>	STUDIO 1
	CAROLINE	
19:00 20:00	<b>PILATES</b>	STUDIO 2
★	SARA	

FRIDAY		
06:45 07:30	<b>SPIN</b>	STUDIO 1
★	CAROLINE	
09:30 10:30	<b>CLUBBERCISE</b>	STUDIO 1
	JESSICA	
10:30 11:10	<b>CORE CONDITIONING</b>	STUDIO 1
	JESSICA	
11:15 12:00	<b>MATURE MOVERS</b>	STUDIO 1
	JESSICA	
LUNCH		
12:15 13:00	<b>FULL BODY</b>	MAIN GYM
	ANGELO	
18:10 19:10	<b>BOOT CAMP</b>	STUDIO 1
	DARREN	

SATURDAY		
09:20 09:50	<b>SPIN</b>	STUDIO 2
★	DARREN	
10:00 11:00	<b>BOOT CAMP</b>	STUDIO 1
	DARREN / JOE	

SUNDAY		
09:20 09:50	<b>SPIN</b>	STUDIO 2
★	CAROLINE	
10:00 11:00	<b>BOOT CAMP</b>	STUDIO 1
	CAROLINE	
11:05 12:05	<b>PILATES</b>	STUDIO 1
	ANGIE	

# GROUP FITNESS CLASS TIMETABLE

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



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