

Group Fitness Timetable - Maidstone

Monday			
Time	Class	Studio	Who
09.30-10.15	Body Attack	Jacqui	1
10.00-11.00	Pilates	Nicki	3
10.15-11.00	L.B.T	Mark S	1
11.00-11.45	Aqua	Mark S	Pool
11.00-12.00	Pilates	Kerry Y	3
12.00-13.00	Pilates	Kerry Y	3
11.45 -12.30	Zumba	Mark S	1
18.00-19.00	Body Pump	Sue	1
18.00-19.00	L.B.T	Karen	3
19.00-19.45	Body Balance	Sue	1
19.30-20.30	Yoga	Eileen	3
20.30 - 21.30	Yoga	Eileen	3
20.00-20.45	Sh'bam	Natalie	1

Tuesday			
Time	Class	Studio	Who
06.30-07.00	Grit Cardio	Clinton	1
09.30-10.30	Body Pump	Sue	1
09.30-10.30	Pilates	Hazel	3
10.30-11.15	Body Attack	Sarah	1
10.30-11.30	Body Balance	Hazel	3
11.30-12.15	Nice & Easy	Pauline	1
11.30-12.30	Pilates	Kerry Y	3
12.45-13.30	Aqua	Pauline	Pool
18.00-19.00	Body Combat	Herman	1
18.30-19.30	Pilates	Kerrie R	3
19.00-19.30	Grit Strength	Herman	1
19.30-20.30	Zumba	Mark S	1
19.30-20.00	CXWORX	Kerrie R	3

Wednesday			
Time	Class	Studio	Who
9.00- 09.45	Pilates	Kerry Y	3
09.30-10.30	Body Combat	Shannon	1
10.30-11.30	Table Tennis	Club	1
10.45-11.30	Aqua	Karen	Pool
11.30-12.30	L.B.T	Amy	1
11.30-12.15	Pilates	Kerry Y	3
12.30-13.30	Body Balance	Kerrie R	1
18.00-19.00	L.B.T	Mark S	1
19.00-19.45	Body Pump	Mark W	1
19.00-20.00	Yoga	Kerry M	3
19.45-20.45	Body Balance	Sue	1
20.00-21.00	Yoga	Kerry M	3

Thursday			
Time	Class	Studio	Who
06.30-07.15	Body Attack	Jacqui	1
09.30-10.30	Body Pump	Hazel	1
09.30-10.30	Pilates	Nikki	3
10.30-11.00	Grit Plyo	Clinton	1
10.30-11.30	Body Balance	Hazel	3
11.30-12.30	Pilates	Nikki	3
11.00-11.45	Aqua	Karen	Pool
18.00-19.00	BodyPump	Sue	1
19.00- 20.00	Body Attack	Rebecca	1
19.45-20.45	Pilates	Kerry Y	3

Friday			
Time	Class	Studio	Who
09.30-10.30	Pilates	Kerry Y	3
10.00 - 10.45	Circuits	David	1
10.30-11.30	Yoga	Kerrie R	3
10.45-11.45	Body Combat	Shannon	1
11.30-12.30	Pilates	Kerrie R	3
11.45-12.30	Zumba	Mark S	1
14.00-16.00	Table Tennis	Club	1
18.00-18.30	Grit Plyo	Clinton	1
19.00-20.00	Ballroom Dancing	Lloyd	1
19.30-20.30	Body Balance	Sue	3

Saturday			
Time	Class	Studio	Who
09.00-10.00	Body Pump	Hazel	1
10.00-11.00	L.B.T	Mark S	1
10.00-11.00	Body Balance	Hazel	3
11.00-12.00	Zumba	Mark S	1

Sunday			
Time	Class	Studio	Who
08.30-09.15	Body Attack	Jacqui	1
10.00-11.00	Body Pump	Sue	1
11.00-12.00	Body Balance	Sue	1