

SPRING 2022 – CLASS TIMETABLE

Please book up to 7 days in advance with the St. Mellion Team **01579 352003**

Please bear in mind, the timetable is subject to change



		AM				PM			
Monday	07:15-08:00 Ride Dominic	09:15-10:00 BodyPump Diane	10:15-11:00 BodyBalance Diane	11:15-12:15 Yoga Diane	11:30-12:15 Aqua Gemma	12:30-13:15 Pilates Gemma		18:15-19:00 Body Combat Lee	19:00-19:45 Body Pump Lee
Tuesday	06:30-07:30 Outdoor Bootcamp Steve	09:00-09:45 Ride Gemma	10:00-10:45 Pilates Gemma	10:00-10:45 Aqua Sarah	11:00-11:45 WBW Sarah			18:00-18:45 Ride Diane	19:00-20:00 Body Pump Diane
Wednesday	09:00-09:45 Legs, bums & tums Gym Team	09:00-9:45 Ride Diane	10:00-10:45 Fitsteps Sarah	11:00-11:45 Aqua Sarah	11:00-12:00 Yoga Diane		19:00-19:45 Pilates Christian	18:00-19:00 Kettlebells Steve	20:00-20:45 BodyBalance Christian
Thursday	09:00-09:45 Ride Steve	10:00-10:45 Aqua Sarah	10:00-10:45 HIIT Steve	11:00-11:45 Power Pilates Sarah			17.30-18.15 Ride Diane	18:30-19:00 Les Mills Core Diane	19:15-20:00 BodyBalance Diane
Friday	09:00-09:45 Ride Steve	09:00-09:45 Body Pump Nikki	10:00-10:45 WBW Sarah	10:00-10:45 Aqua Bex/Nikki	10:30-11:30 Kettlebells Steve	11:00-11:45 BodyBalance Sarah			
Saturday	09:15-10:00 Ride Diane	10:15-10:45 Les Mills Core Diane	11:00-12:00 BodyBalance Diane						
Sunday									

Location:

	Dance Studio		Main Pool
	Cycling Studio		Gym/outdoor exercise area