

## SUMMER 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			
<b>Monday</b>		<b>09:15-10:00</b> Body Pump  Diane	<b>10:15-11:00</b> BodyBalance  Diane	<b>11:15-12:15</b> Yoga  Diane	<b>11:30-12:15</b> Aqua  Gemma	<b>12:30-13:15</b> Pilates  Gemma		<b>18:15-19:00</b> Body Combat  Lee	<b>19:00-19:45</b> Body Pump  Lee
<b>Tuesday</b>		<b>09:00-09:45</b> Ride  Gemma	<b>10:00-10:45</b> Pilates  Gemma	<b>10:00-10:45</b> Aqua  Sarah	<b>11:00-11:45</b> WBW  Sarah		<b>18:00-18:45</b> Outdoor Summer HIIT  Gym Team	<b>18:00-18:45</b> Ride  Diane	<b>19:00-20:00</b> Body Pump  Diane
<b>Wednesday</b>	<b>09:00-09:45</b> Legs, bums & tums  Gym Team	<b>09:00-9:45</b> Ride  Diane	<b>10:00-10:45</b> Dance Fitness  Sarah	<b>11:00-11:45</b> Aqua  Sarah	<b>11:00-12:00</b> Yoga  Diane		<b>19:00-19:45</b> Pilates  Christian	<b>18:30-19:30</b> Kettlebells  Steve	<b>20:00-20:45</b> BodyBalance  Christian
<b>Thursday</b>	<b>09:00-09:45</b> Ride  Steve	<b>10:00-10:45</b> Aqua  Sarah	<b>10:00-10:45</b> HIIT  Steve	<b>11:00-11:45</b> Pilates  Sarah		<b>17.30-18.15</b> Ride  Diane	<b>18:00-18:45</b> Outdoor Summer HIIT  Gym Team	<b>18:30-19:00</b> Les Mills Core  Diane	<b>19:15-20:00</b> BodyBalance  Diane
<b>Friday</b>	<b>09:00-09:45</b> Ride  Steve	<b>09:00-09:45</b> Body Pump  Nikki	<b>10:00-10:45</b> WBW  Sarah	<b>10:00-10:45</b> Aqua  Bex/Nikki	<b>10:30-11:30</b> Kettlebells  Steve	<b>11:00-11:45</b> BodyBalance  Sarah			
<b>Saturday</b>	<b>09:15-10:00</b> Ride  Diane	<b>10:15-10:45</b> Les Mills Core  Diane	<b>11:00-12:00</b> BodyBalance  Diane						
<b>Sunday</b>									

### Location:

	Dance Studio		Main Pool
	Cycling Studio		Gym/outdoor exercise area

