

Class Timetable

GymWorks
Preston

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am - 12pm	09:30 - 10:15 Spin Studio	SPIN Mo	09:30 - 10:15 Spin Studio	SPIN Mat	09:30 - 10:15 Main Studio	BODY PUMP Mat	08:30 - 9:15 Spin Studio	SPIN Graham	09:30 - 10:15 Main Studio	CLUBBERCISE Katie	09:30 - 10:30 Spin Studio	SPIN Cheryl	10:15 - 11:15 Main Studio	BOOTCAMP Dione
	09:30 - 10:15 Main Studio	ENERGIZE Zane	10:15 - 11:00 Main Studio	PILATES Mat	10:15 - 11:00 Main Studio	BODY COMBAT Mat	09:30 - 10:15 Spin Studio	SPIN Graham	10:30 - 11:30 Main Studio	BODY PUMP Katie	10:30 - 11:15 Main Studio	ZUMBA Kaz		
	10:30 - 11:15 Main Studio	CIRCUITS Zane			11:00 - 12:00 Main Studio	PILATES Atessa	10:30 - 11:30 Main Studio	YOGA Jill						
	11:30 - 12:30 Main Studio	YOGA Sarah					10:30 - 11:00 Functional Zone	FUNCTIONAL FIT						
MIDDAY 12pm - 5pm					12:15 - 12:45 Main Studio	BOOTCAMP Dione			12:15 - 12:45 Functional Zone	FUNCTIONAL FIT				
EVENING 5pm - 10pm	17:30 - 18:15 Spin Studio	SPIN Roz	17:45 - 18:30 Main studio	CIRCUITS Mo	18:00 - 18:30 Spin Studio	SPIN Mo			17:30 - 18:00 Spin Studio	SPIN Mo				
	18:30 - 19:15 Main Studio	BODY COMBAT Roz	18:00 - 19:00 Spin studio	SPIN Cheryl	18:30 - 19:00 Main Studio	METAFIT Mo	18:15-19:00 Main Studio	BODY PUMP Mat	18:00 - 18:30 Main Studio	METAFIT Mo				
	19:15 - 20:15 Main Studio	BODY PUMP Roz	20:00 - 21:00 Main Studio	YOGA Jill			19:00 - 19:45 Main Studio	BODY ATTACK Mat						
							19:45 - 20:30 Main Studio	PILATES Mat						

- Interval
- Cardio
- Strength and Conditioning
- Mind and Body

CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.

LES MILLS
BODYATTACK

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP **metafit™**