

Class Timetable

GymWorks
Skelmersdale

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 5am - 12pm	6:15 - 7:00 Studio	SPIN Christine			6:15 - 7:00 Studio	SPIN Christine								
	9:30 - 10:15 Functional Zone	CIRCUITS Parrly	9:30 - 10:15 Studio	SPIN Christine	9:30 - 10:15 Studio	ABS BLAST Parrly	9:30 - 10:15 Studio	SPIN Mat W	9:30 - 10:15 Studio	STRENGTH & TONE Mat W	9:00 - 10:00 Functional Zone	BODY BLITZ Darren	10:00-11:00 Studio	YOGA Lisa
	10:15 - 11:15 Studio	YOGA Lisa			10:20 - 11:20 Studio	YOGA Lisa	10:15 - 11:00 Studio	PILATES Mat W	10:15 - 11:00 Studio	HIIT & ABS Mat W	10:00 - 11:00 Studio	ZUMBA Seya		
			12:15 - 13:00 Functional Zone	L B T Terri-Marie										
EVENING 5pm - 10pm	18:00 - 18:45 Functional Area	BOOTCAMP Terri - Marie	17:45 - 18:30 Studio	SPIN Mat W	17:45 - 18:30 Studio	KICK CARDIO Terri - Marie	17:30 - 18:15 Functional Zone	HIIT Circuit Darren	18:00 - 18:45 Studio	SPIN Christine				
	17:30 - 18:15 Studio	SPIN Traceil	18:00 - 19:00 Functional Zone	STRONGHER Sarah	18:45 - 19:30 Studio	SPIN Christine	18:00 - 18:45 Studio	STEP AEROBICS Christine	18:50 - 19:35 Studio	NIA FUSION Christine				
	18:45 - 19:45 Studio	ZUMBA Seya	18:30 - 19:15 Studio	KICK CARDIO Mat W	18:30 - 19:45 Functional Area	STRONGHER Sarah	19:00 - 20:00 Functional Zone	BOOTCAMP Darren	18:00 - 18:45 Functional Zone	STRONGHER Sarah				
			19:00 - 20:00 Functional Zone	BOOTCAMP Darren	19:30 - 20:30 Studio	YOGA Lisa	19:00 - 20:00 Studio	BOXERCISE Chstistline						
			19:15 - 20:00 Studio	PILATES Mat W										

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.