

Class Timetable

GymWorks
Chorley

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING 6am - 12pm	06:15 - 07:00 Spin Studio	SPIN Graham	06:15 - 07:00 Main Studio	HIIT CIRCUITS Chaz	06:15 - 07:00 Spin Studio	SPIN Graham	06:15 - 07:00 RIG	CIRCUITS Zane	06:15 - 07:00 Spin Studio	SPIN Graham	08:30 - 09:15 Spin Studio	SPIN Graham		
	09:30 - 10:00 Main Studio	METAFIT Tina	09:30 - 10:15 RIG	CIRCUITS Zane	09:30 - 10:15 RIG	CIRCUITS Zane	09:30 - 10:15 Main Studio	BODY ATTACK Olga	07:15 - 08:00 Spin Studio	SPIN Kurt	09:30 - 10:15 Main Studio	STEP Marc		
	10:15 - 11:00 Main Studio	BODY PUMP Tina	10:30 - 11:15 Spin Studio	SPIN Piros			10:20 - 11:05 Main Studio	BODY PUMP Olga	09:30 - 10:30 RIG	CIRCUITS Zane				
									10:30 - 11:30 Main Studio	YOGA Crissi				
MIDDAY 12pm - 5pm	12:00 - 12:45 Spin Studio	SPIN Kurt												
EVENING 5pm - 10pm	17:45 - 18:30 Main Studio	BODY COMBAT Dawn	17:30 - 18:15 Main studio	BODY PUMP Dawn	17:30 - 18:15 Main Studio	STEP Marc	18:00 - 18:45 Spin Studio	SPIN Kurt	17:30 - 18:15 Spin Studio	SPIN Graham				
	18:00 - 18:45 Spin Studio	SPIN Graham	18:00 - 18:45 Spin studio	SPIN Graham	18:00 - 18:45 Spin Studio	SPIN Graham	18:45 - 19:30 Main Studio	PILATES Sam						
	18:30 - 19:15 Main Studio	BODY PUMP Dawn	18:15 - 19:00 Main Studio	BODY COMBAT Dawn	18:15 - 19:00 Main Studio	BOOTY BANDS Marc								
			19:00 - 20:00 Main Studio	PILATES Sam	19:05 - 19:50 Main Studio	ZUMBA Marc								

	Interval
	Cardio
	Strength and Conditioning
	Mind and Body

CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. PLEASE ENSURE YOU TURN U P 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™**