

Class Timetable

GymWorks

Preston

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am - 12pm	9:30 - 10:00 Spin Studio	SPIN Mo	6:30 - 7:15 Functional	HYBRID 45 Mat	9:30 - 10:15 Main Studio	BODY PUMP Joe	8:30 - 9:15 Spin Studio	SPIN Graham	6:30 - 7:15 Functional	HYBRID 45 Mat	9:30 - 10:30 Spin Studio	SPIN Cheryl	8:00 - 08:45 Main Studio	LIFT & BURN Joe
	10:15 - 11:00 Functional Zone	CIRCUITS Mo	9:30 - 10:15 Spin Studio	SPIN Joe	10:15 - 11:00 Main Studio	BODY COMBAT Mat	9:30 - 10:15 Spin Studio	SPIN Graham	9:30 - 10:15 Main Studio	CLUBBERCISE Katie	10:30 - 11:15 Main Studio	ZUMBA Kaz	8:50 - 9:35 Spin Studio	SPIN Joe
	11:30 - 12:30 Main Studio	YOGA Jill	10:15 - 11:00 Main Studio	PILATES Mat	11:00 - 12:00 Main Studio	PILATES Atessa	10:30 - 11:30 Main Studio	YOGA Jill	10:30 - 11:30 Main Studio	BODY PUMP Katie				
EVENING 5pm - 10pm	17:30 - 18:15 Spin Studio	SPIN Roz	17:45-18:30 Main studio	CIRCUITS Kaz	18:00 - 18:30 Spin Studio	SPIN Joe	18:15-19:00 Main Studio	BODY PUMP Joe	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	18:35 - 19:20 Main Studio	BODY PUMP Joe	19:00 - 19:45 Main Studio	BODY COMBAT Mat	18:00 - 18:30 Main Studio	METAFIT Mo				
	19:15 - 20:15 Main Studio	BODY PUMP Roz	18:45-19:30 Main studio	Zumba Kaz	19:25 - 20:10 Main Studio	BODY ATTACK Mat	19:45 - 20:30 Main Studio	PILATES Mat						
			20:00 - 21:00 Main Studio	YOGA Jill										

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

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™**