

Class Timetable

GymWorks
Skelmersdale

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING 5am - 12pm			06:00 - 06:45 Main Studio	LIFT JILL	6:00 - 7:00 Functional Zone	BODY BLITZ Darren	6:15 - 7:15 Functional Zone	HYBRID HIIT Ella							
	9.30 - 10.15 Functional Zone	BOOTCAMP: STRENGTH Parry	9:30 - 10:15 Functional Zone	BOOTCAMP: CARDIO Parry	9:30 - 10:15 Main Studio	ABS BLAST Parry	9:15 - 10:15 Main Studio	LEGS BUMS TUMS Ella	9:30 - 10:20 Main Studio	LADIES WHO LIFT Ella	9:00 - 09:45 Main Studio	BODY BLITZ Darren	9:00 - 10:00 Main Studio	STEP AEROBICS Ruth	
	10:20 - 11:20 Main Studio	YOGA Lisa	10:15 - 11:00 Studio	FEVAH Zara					10:30 - 11:30 Main Studio	HATHA YOGA Clare	9:45 - 10:30 MainStudio	ZUMBA Lyse	10:00 - 11:00 Main Studio	PILATES Lisa	
EVENING 5pm - 10pm	17:45 - 18:30 Main Studio	ZUMBA Lyse	17:00 - 18:00 Main Studio	YOGALATES Sophia	18:00 - 19:00 Main Studio	ZUMBA Lyse	18:00 - 19:00 Functional Zone	BODY BLITZ Darren	18:00 - 19:00 Functional zone	CROSSROX FUSION Darren					
	18:30 - 19:30 Studio	BOOTCAMP Dan	18:00 - 19:00 Functional Zone	BODY BLITZ Darren	19:00 - 20:00 Main Studio	PILATES Emma	18:45 -19:30 Main Studio	FEVAH Zara							
			19:00 - 19:45 Main Studio	LIFT JILL											

	STRENGTH & CONDITIONING
	CARDIO
	INTERVAL
	DANCE
	MIND & 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.