

Fitness Timetable

23-1 February



Beau Sejour
Leisure Centre

FRIDAY

23-Jan

7.05-8.00AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
7.15-7.45AM	TRX GROUP RIP	(ALL)	ANDY	FS
9.30-10.30AM	BODY BALANCE	(ALL)	JUSTINE	FS
10.30-11.30AM	BODYPUMP	(ALL)	ANDY	FS
10.45-11.45AM	POST LIFEFIT GYM	(ALL)	BELINDA/YVETTE	GYM
11.45-12.45PM	LIFEFIT COURSE - FS		BELINDA/YVETTE	FS
1.30-2.30PM	VERY GENTLE EXERCISE	(B/50+)	BELINDA	FS
4.30-5.30PM	TEEN GYM INTRO	(14/15yrs)	ROSS	GYM
5.30-5.55PM	YOGA BLAST	(ALL)	YVETTE	FS
6.00-7.00PM	CIRCUITS	(I)	BETH	FS
6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO

SATURDAY

24-Jan

08.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS	
9.00-10.00AM	SPINNING	(ALL)	ROSS	SPIN STUDIO	
9.00-10.00AM	BODYPUMP	(ALL)	JUSTINE	FS	
10.00-11.00AM	BODY CONDITIONING	(ALL)	DAVE	FS	
10.30-11.45AM	GYM INTRODUCTION	(16+)	ROSS	GYM	
11.00-12.00noon	BODYBALANCE	(ALL)	YVETTE	FS	
12.15-12.45PM	TRX GROUP RIP	(ALL)	JO	FS	
1.30-2.30PM	LIFEFIT COURSE		YVETTE	GYM	
NEW	4.00-5.00PM	TEEN GYM	(12-16yrs)	ROSS	GYM

SUNDAY

25/01/2014

NEW CLASS

NEW CLASS

NEW TIME

NEW TIME

08.30-9.20AM	INSANITY	(ALL)	AMANDA	FS
9.30-10.30AM	BOXERCISE	(ALL)	OLLIE	FS
9.30-10.30AM	GYM INTRODUCTION	(ALL)	CHLOE	GYM
9.45-10.45AM	SPINNING	(ALL)	DAVE	SPIN STUDIO
11.00-12NOON	AEROBICS	(ALL)	DAVE	FS
11.00-12.00PM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
12.00-1.00PM	BODYPUMP	(ALL)	ANDY	FS
3.00-4.00PM	TEEN GYM	(12-16yrs)	ANDY/SHARON	GYM
4.00-5.00PM	SNOWFIT COURSE	(ALL)	ANDY	FS
6.00-7.00PM	ZUMBA SESSSION	(ALL)	PHIL	FS

Fitness Timetable



Beau Sejour
Leisure Centre

MONDAY

7.05-8.00AM	SPINNING	(ALL)	TOM	SPIN STUDIO
9.30-10.30AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
9.30-10.30AM	BODY BALANCE	(ALL)	YVETTE	FS

26-Jan

10.30-11.30AM	BODY VIVE	(ALL)	ANTHEA	FS
10.30-11.30AM	LIFEFIT COURSE-GYM		KATHY/EMMA	GYM
11.30-12.30PM	LIFEFIT COURSE-FS		KATHY/EMMA	FS
12.45-1.15PM	TRX GROUP RIP	(ALL)	LUCY	FS
1.30-2.30PM	BODYPUMP	(ALL)	ANDY	FS
5.15-6.00PM	STEP BLAST	(ALL)	DAVE	FS
5.45-6.45PM	SPINNING	(ALL)	ANDY	SPIN STUDIO
6.00-7.00PM	ZUMBA	(ALL)	AMANDA	DFH
6.00-7.00PM	BODY ATTACK	(ALL)	DAVE	FS
7.00-8.00PM	BODYVIVE	(ALL)	JANE	DFH
7.00-8.00PM	SPINNING	(ALL)	JOHN	SPIN STUDIO
7.00-8.00PM	BODYBALANCE	(ALL)	ANTHEA	FS
7.30-8.30PM	GYM INTRODUCTION	(16+)	CHLOE	GYM
8.00-9.00PM	BODY FOCUS	(ALL)	SHARON	FS

NEW CLASS

TUESDAY

27-Jan

7.05-7.55AM	INSANITY	(ALL)	EMMANUELLE	FS
7.05-8.00AM	SPINNING	(ALL)	TIM	SPIN STUDIO
7.15-7.45AM	TRX GROUP RIP	(ALL)	CHLOE	SPORTS HALL
9.30-10.30AM	BODYVIVE	(ALL)	JUSTINE	FS
10.30-11.30AM	GENTLE EXERCISE	(B/50+)	KATHY	FS
10.45-11.45AM	POST LIFEFIT COURSE		EMMA/BELINDA	GYM
11.45-12.45PM	LIFE FIT COURSE - FS		EMMA/BELINDA	FS
1.30-2.30PM	VERY GENTLE EXERCISE	(B/50+)	KATHY	FS
5.00-6.00PM	TEEN GYM INTRO	(14/15yrs)	TOM	GYM
5.15-5.45PM	TRX GROUP RIP	(ALL)	MARC	FS
5.45-6.45PM	SPINNING	(ALL)	DAVE	SPIN STUDIO
6.00-6.50PM	INSANITY	(I)	MARC	FS
6.00-7.00PM	ZUMBA	(ALL)	PHIL	DFH
7.00-8.00PM	STEP	(I)	DAVE	FS
7.00-8.00PM	YOGA	(ALL)	YVETTE	CAMBRIDGE
7.15-8.00PM	INTRO TO SPIN	(BEG)	MARC	SPIN STUDIO
8.00-9.00PM	BODY BALANCE	(ALL)	JUSTINE	FS

NEW TIME

WEDNESDAY

28-Jan

7.05-8.00AM	BODYPUMP	(ALL)	BETH	FS
9.30-10.30AM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
9.30-10.30AM	BODYPUMP	(ALL)	JUSTINE	FS
10.30-11.30AM	ZUMBA SESSION	(B)	ANTHEA	FS
11.30-12.15PM	AEROBICS	(ALL)	ANDY	FS
12.30-1.30PM	BODY VIVE	(ALL)	JANE	FS
1.30-2.30PM	BODYBALANCE	(ALL)	JUSTINE	FS
1.30-2.30PM	LIFEFIT COURSE		KATHY	GYM
1.30-2.30PM	GYM INTRODUCTION	(16+)	CHLOE	GYM
5.15-6.00PM	BODY VIVE	(ALL)	JUSTINE	FS
5.45-6.45PM	SPINNING	(ALL)	CHRIS	SPIN STUDIO
6.00-7.00PM	CIRCUITS	(A)	BETH	FS
7.00-8.00PM	BODYPUMP	(ALL)	MIKE	FS
7.00-8.00PM	SPINNING	(ALL)	LUCY	SPIN STUDIO
7.30-8.30PM	GYM INTRODUCTION	(16+)	EMMANUELLE	GYM
8.00-9.00PM	BELLY DANCING	(ALL)	ANTHEA	FS

NEW CLASS

Fitness Timetable



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Leisure Centre

THURSDAY

29-Jan

7.05-8.05AM	BODY ATTACK	(ALL)	EMMANUELLE	FS
7.05-8.00AM	SPINNING	(ALL)	ROSS	SPIN STUDIO
9.30-10.20AM	INSANITY	(ALL)	JUSTINE	FS NEW
10.30-11.30AM	BODY BALANCE	(ALL)	ANTHEA	FS
10.30-11.30AM	LIFEFIT COURSE - GYM		TOM/KATHY	GYM
11.30-12.30PM	LIFEFIT COURSE - FS		TOM/KATHY	FS
12.45-1.15PM	TRX GROUP RIP	(ALL)	LUCY	FS
2.30-3.15PM	CHAIR BASED CLASS	(ALL)	KATHY	FS
4.30-5.30PM	TEEN GYM INTRO	(14/15yrs)	LUCY	GYM
4.30-5.00PM	TRX GROUP RIP	(ALL)	ANDY	FS
5.45-6.45PM	BODYPUMP	(ALL)	ANDY	FS
6.00-7.00PM	SPINNING	(ALL)	LUCY	SPIN STUDIO
6.45-7.30PM	BODY ATTACK	(ALL)	DAVE	FS
7.30-8.30PM	ZUMBA SESSION	(ALL)	PHIL	FS
7.30-8.30PM	GYM INTRODUCTION	(16+)	ANDY	GYM
7.05-8.00AM	SPINNING	(ALL)	LUCY	SPIN STUDIO
7.15-7.45AM	TRX GROUP RIP	(ALL)	ANDY	FS

FRIDAY

30-Jan

9.30-10.30AM	BODY BALANCE	(ALL)	JUSTINE	FS
10.30-11.30AM	BODYPUMP	(ALL)	ANDY	FS
10.45-11.45AM	POST LIFEFIT GYM	(ALL)	BELINDA/YVETTE	GYM
11.45-12.45PM	LIFEFIT COURSE - FS		BELINDA/YVETTE	FS
1.30-2.30PM	VERY GENTLE EXERCISE	(B/50+)	BELINDA	FS
4.30-5.30PM	TEEN GYM INTRO	(14/15yrs)	ROSS	GYM
5.30-5.55PM	YOGA BLAST	(ALL)	YVETTE	FS
6.00-7.00PM	CIRCUITS	(I)	JOHN	FS
6.00-7.00PM	SPINNING	(ALL)	MARC	SPIN STUDIO

SATURDAY

31-Jan

08.00-8.50AM	BODY ATTACK	(ALL)	DAVE	FS	
9.00-10.00AM	SPINNING	(ALL)	ROSS	SPIN STUDIO	
9.00-10.00AM	BODYPUMP	(ALL)	JUSTINE	FS	
10.00 -11.00AM	BODY CONDITIONING	(ALL)	DAVE	FS	
10.30-11.45AM	GYM INTRODUCTION	(16+)	ROSS	GYM	
11.00-12.00noon	BODYBALANCE	(ALL)	YVETTE	FS	
12.15-12.45PM	TRX GROUP RIP	(ALL)	JO	FS	
1.30-2.30PM	LIFEFIT COURSE		YVETTE	GYM	
NEW	4.00-5.00PM	TEEN GYM	(12-16yrs)	ROSS/JUSTINE	GYM

SUNDAY

01/02/2015

08.30-9.20AM	INSANITY	(ALL)	OLLIE	FS	
9.30-10.30AM	BOXERCISE	(ALL)	OLLIE	FS	
9.30-10.30AM	GYM INTRODUCTION	(ALL)	CHLOE	GYM	
9.45-10.45AM	SPINNING	(ALL)	DAVE	SPIN STUDIO	
NEW CLASS	11.00-12NOON	AEROBICS	(ALL)	DAVE	FS
NEW CLASS	11.00-12.00PM	SPINNING	(ALL)	CHLOE	SPIN STUDIO
NEW TIME	12.00-1.00PM	BODYPUMP	(ALL)	ANDY	FS
NEW TIME	3.00-4.00PM	TEEN GYM	(12-16yrs)	ANDY/SHARON	GYM
	4.00-5.00PM	SNOWFIT COURSE	(ALL)	ANDY	FS
	6.00-7.00PM	ZUMBA SESSSION	(ALL)	PHIL	FS