



Studio timetable (From 12th September 2011)

BODIES*in***DESIGN**
live younger longer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						
	08:45 - 09:30 Box Fit	09:00 - 09:45 Spin	09:00 - 09:45 Spin	09:00-09:45 Zumba <i>*New Drop-in class!!*</i>	09:00 - 09:45 Circuits	08:30 - 09:15 Bootcamp
09:45 - 10:30 Pilates		09:45 - 10:30 Gym Circuits	09:45 - 10:45 Yogalates	09:45 - 10:30 Pilates	09:45 - 10:30 Pilates	
10:45 - 11:30 Foundation Fitness	11:00 - 11:45 Mother & Baby Cardio Tone		11:00 - 11:45 Mother & Baby Pilates <i>With Xxx</i>			
EVENING CLASSES						
18:30 - 19:15 Spin	18:30 - 19:15 Pump & Abs		18:30 - 19:15 Pilates			
19:15 - 20:00 Cardio Circuits	19:15 - 20:00 Spin	18:45 - 19:30 Cardio Tone	19:15 - 20:00 Cardio Core			
		19:30 - 20:15 Pilates	20:00 - 20:45 Spin			