



BS7 Gym

Temporary Class Timetable

Time	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
07:00-07:45	Spin45	HIIT	Spin45	Circuits	Spin45
08:15-09:00	Circuits	Spin45	Body Conditioning	Spin45	Core conditioning
18:30-19:15	Spin45	Spin45		Body Conditioning	Spin45
19:45-20:30	Circuits	Body conditioning		HIIT	
Time	Saturday 22nd	Sunday 23rd			
10:00-10:45	Spin45	HIIT			
Time	Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th
07:00-07:45	Spin45	HIIT	Spin45	Cicruits	Spin45
08:15-09:00	Fitness and tone	Spin45	Body Conditioning	Spin45	Core conditioning
18:30-19:15	Spin45	Spin45		Body Conditioning	Spin45
19:45-20:30	Circuits	Body conditioning		HIIT	
Time	Saturday 29th	Sunday 30th			
10:00-10:45	Spin45	HIIT			
Time	Monday 31st				
08:15-09:00	Fitness and tone				