

BANK HOLIDAY STUDIO TIMETABLE

SATURDAY 24th AUGUST

Keiser Cycle	08.05 - 08.45	Chris
BODYATTACK™	08.50 - 09.35	Karen
BODYPUMP™	09.40 - 10.35	Karen
BODYBALANCE™	10.40 - 11.35	Sam Green

SUNDAY 25th AUGUST

BODYPUMP™	09.00 - 09.55	Karen
Pilates	10.00 - 10.55	Lynsey
Keiser Cycle	11.05 - 11.50	Michaela

MONDAY 26th AUGUST

Keiser Cycle	08.30 - 09.15	Nik
HIIT Bootcamp	09.25 - 09.55	Codrina
Step n Tone	10.05 - 10.50	Codrina