

Curtis and Staub Class Timetable – November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp 09:30 – 10:30 Mas	Hiit 07:00 – 07:30 Jen	Spin 09:15 – 10:00 Gareth P	Spin 09:15 – 10:15 Hedi	Bootcamp 09:30 – 10:30 Gareth P	Spin 09:00 – 09:45 Kathy	Step Aerobics 10:00 – 11:00 Alicia
Body Works 10:30-11:30 Zoe	LesMills BodyPump 09:30 – 10:30 Kirsty	WOD 10:00 – 10:30 Zoe	TRX-Box 09:30 – 10:15 Gareth P	Pilates 10:30 – 11:30 John	Bootcamp 9:30-10:30 Nicola	LesMills BodyBalance 11:00 – 12:00 Sam
Box & Burn 18:00 – 18:45 Zoe	Pilates 10:45 – 11:45 Jen	Step 18:00-19:00 Jackie	Yoga 10:15 – 11:30 Serena	Bootcamp 18:00 – 19:00 Nicola	Studio Booked 13:00 – 16:00	Studio Booked 12:00-13:00
Spin 18:30 – 19:15 Gary	Spin 18:00 – 18:45 Nicola	Spin 18:30 – 19:15 Gary	Functional Training 18:00 – 18:45 Gareth P	Spin 18:15 – 19:00 Hedi		
LesMills BodyPump 19:00 – 20:00 Jaimie	Zumba 18:00 – 19:00 Giselle	LesMills BodyPump 19:00 – 20:00 Jaimie	Spin 19:00 – 19:45 Gareth P	Yoga 19:00 – 20:00 Kirsty		Monday – Friday 06:00 – 21:30
Yoga 20:00 – 21:00 Toni Scott	Bootcamp 19:00 – 20:00 Nicola	Posture & Stretch 20:00 – 20:30 Gareth P	Beginners Yoga 19:00 – 20:00 Bettina			Saturday – Sunday 08:00 – 19:00 ** Changes
	Pilates 20:00 – 21:00 John					