

Curtis and Staub Class Timetable – May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Bootcamp 09:30 – 10:30 Mas	LesMills BodyPump 09:30 – 10:30 Kirsty	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 Charlotte	Step Aerobics 10:00 – 11:00 Alicia	
Abs & Stretch 10:30 – 11:00 Gareth P	Pilates 10:45 – 11:45 John	WOD 10:00 – 10:30 Gareth P	TRX-Box 09:30 – 10:15 Gareth P	Pilates 10:30 – 11:30 John	Bootcamp 09:30 – 10:30 Craig	LesMills BodyBalance 11:00 – 12:00 Sam	
Box & Burn 18:00 – 18:45 Craig	Spin 18:00 – 18:45 Charlotte	Spin 18:30 -19:15 Gary	Yoga 10:15 – 11:30 Serena	Bootcamp 18:00 – 19:00 Craig	Studio Booked 13:00 – 16:00	Studio Booked 13:00-17:00	
Spin 18:30 – 19:15 Gary	Studio Booked 18:00-19:00	LesMills BodyPump 19:00 – 20:00 Jaimie	Functional Training 18:00 – 18:45 Gareth P	Spin 18:15 – 19:00 Hedi			
LesMills BodyPump 19:00 – 20:00 Jaimie	Bootcamp 19:00 – 20:00 Charlotte	Posture & Stretch 20:00-20:30 Gareth P	Beginners Yoga 19:00 – 20:00 Bettina	Yoga 19:00 – 20:00 Kirsty	<i>Monday – Friday</i> 06:00 – 21:30		
Yoga 20:00 – 21:00 Toni Scott	Yoga 20:00-21:00 Bettina					<i>Saturday – Sunday</i> 08:00 – 19:00 ** Changes	