

CLASS TIMETABLE

Please book up to 7 days in advance with the St. Mellion Team 01579 352003

Please bear in mind, the timetable is subject to change



		AM				PM			
Monday	09:15-10:00 Ride Dominic	09:15-10:00 Aerotone Diane	10:15-11:00 BodyBalance Diane	11:15-12:15 Yoga Diane	11:30-12:15 Aqua Gemma	12:30-13:15 Pilates Gemma	18:00-18:45 HIIT squad Mark	18:15-19:00 Combat Lee	19:15-20:00 BodyPump Lee
Tuesday	06:30-07:30 Outdoor Bootcamp Steve	09:00-09:45 Ride Gemma	10:00-10:45 Pilates Gemma	10:00-10:45 Aqua Sarah	11-11:45 WBW Sarah			18:00-18:45 Ride Diane	19:00-20:00 Bodypump Diane
Wednesday	09:00-09:45 Legs, bums & tums Mark/Rhiana	09:00-9:45 Ride Diane	10:00-10:45 Fitsteps Sarah	11:00-11:45 Aqua Sarah	12:00-13:00 Yoga Diane		19:00-19:45 Pilates Christian	19:00-20:00 Outdoor kettlebells Steve	20:00-20:45 BodyBalance Christian
Thursday	09:00-09:45 Ride Steve	10:00-10:45 Aqua Bex					18:00-18:45 Ride Diane	18:45-19:30 Barre Sarah	19:45-20:30 BodyBalance Sarah
Friday	09:00-09:45 Ride Steve	10:00-10:45 WBW Sarah	10:00-10:45 Aqua Bex	10:30-11:30 Kettlebells Steve	11:00-11:45 BodyBalance Sarah				
Saturday	09:15-10:00 Ride Diane	10:15-10:45 Absolute Abs Diane	11:00-12:00 BodyBalance Diane						
Sunday									

Location:

 Dance Studio	 Main Pool
 Cycling Studio	 Gym/outdoor exercise area