

## CLASS TIMETABLE

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

*Please bear in mind this timetable may be subject to change*

		AM				PM			
<b>Monday</b>	<b>08:15-09:00</b> Ride	<b>09:15-10:00</b> BodyPump	<b>10:15-11:00</b> BodyBalance	<b>11:15-12:15</b> Yoga	<b>11:30-12:15</b> Aqua	<b>12:30-13:15</b> Pilates	<b>18:00-18:45</b> HIIT squad	<b>18:15-19:00</b> Combat	<b>19:15-20:00</b> BodyPump
	Dominic	Diane	Diane	Diane	Gemma	Gemma	Gym Team	Lee	Lee
<b>Tuesday</b>	<b>06:30-07:30</b> Outdoor Bootcamp	<b>09:00-09:45</b> Ride	<b>10:00-10:45</b> Pilates	<b>10:00-10:45</b> Aqua	<b>11:00-11:45</b> WBW			<b>18:00-18:45</b> Ride	<b>19:00-20:00</b> Bodypump
	Steve	Gemma	Gemma	Sarah	Sarah			Diane	Diane
<b>Wednesday</b>	<b>09:00-09:45</b> Legs, bums & tums	<b>09:00-9:45</b> Ride	<b>10:00-10:45</b> Fitsteps	<b>11:00-11:45</b> Aqua	<b>11:00-12:00</b> Yoga		<b>19:00-19:45</b> Pilates	<b>19:00-20:00</b> Outdoor kettlebells	<b>20:00-20:45</b> BodyBalance
	Gym Team	Diane	Sarah	Sarah	Diane		Christian	Steve	Christian
<b>Thursday</b>	<b>09:00-09:45</b> Ride	<b>10:00-10:45</b> Aqua	<b>10:00-10:45</b> HIIT	<b>11:00-11:45</b> WBW Xtreme			<b>17:30-18:15</b> Ride	<b>18:30-19:00</b> Les Mills Core	<b>19:15-20:00</b> BodyBalance
	Steve	Sarah	Steve	Sarah			Diane	Diane	Diane
<b>Friday</b>	<b>09:00-09:45</b> Ride	<b>10:00-10:45</b> WBW	<b>10:00-10:45</b> Aqua	<b>10:30-11:30</b> Kettlebells	<b>11:00-11:45</b> BodyBalance				
	Steve	Sarah	Bex	Steve	Sarah				
<b>Saturday</b>	<b>09:15-10:00</b> Ride	<b>10:15-10:45</b> Les Mills Core	<b>11:00-12:00</b> BodyBalance						
	Diane	Diane	Diane						
<b>Sunday</b>									

### Location:

<span style="background-color: #c8e6c9; border: 1px solid black; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> Dance Studio	<span style="background-color: #bbdefb; border: 1px solid black; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> Main Pool
<span style="background-color: #fff9c4; border: 1px solid black; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> Cycling Studio	<span style="background-color: #ffe0b2; border: 1px solid black; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> Gym/outdoor exercise area