

VIRTUAL STUDIO TIMETABLE

Starting W/C 11th January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 - 10:10 Body Conditioning Chris Walker	09:30 - 10:15 Pilates Cathyann Phillips	10:30 - 11:00 H.I.I.T Chris Walker	09:45 - 10:30 Body Conditioning Sally Berry	09:30 - 10:15 Pilates Cathyann Philips	09:00 - 09:45 Dance Fit Hayley Ellison	10:00 - 10:45 Pilates Cathyann Phillips
09:30 - 10:15 Clubbercise Dionne Armstrong	17:00 - 18:00 KETTfusion Kerry Upton	18:30 - 19:15 Dancercise Lizzie Hind	18:00 - 18:45 Body Conditioning Harry Charnock	17:30 - 18:15 Yogalates Sally Berry	10:15 - 10:45 H.I.I.T Patrick McAuley	10:00 - 10:45 Body Conditioning Jake Allatson
18:00 - 18:45 Pilates Cathyann Phillips	18:15 - 19:00 Legs, Bums & Tums Sally Berry	19:15 - 19:55 Body Conditioning Kath Hinsley Jones	18:00 - 18:45 Pilates Cathyann Phillips			
18:15 - 19:00 Functional Fitness Sally Berry	19:30 - 20:00 H.I.I.T Patrick McAuley	20:30 - 21:15 Yoga Emma Gartside	19:00 - 19:30 H.I.I.T Sally Berry			
19:00 - 19:45 Zumba Victoria Hind			19:30 - 20:15 Clubbercise Hayley Ellison			
20:00 - 20:45 Yoga Emma Gartside						

