

VIRTUAL STUDIO TIMETABLE

Starting W/C Monday 12th April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:00 H.I.I.T Conna Rogers	09:00 - 09:30 H.I.I.T Matt Turner	09:00 - 09:40 Body Conditioning Harry Charnock	06:30 - 07:00 H.I.I.T Affeme Johnson	09:30 - 10:10 H.I.I.T & Abs Jake Alatson	09:00 - 09:45 Dance Fit Hayley Ellison	10:00 - 10:40 Body Conditioning Jake Allatson
09:30 - 10:10 Body Conditioning Chris Walker	09:15 - 10:00 Pilates Cathyann Philips	09:30 - 10:15 KETTfusion Gaynor Burgess	09:30 - 10:00 Core Conditioning Joe McClean	10:15 - 10:55 Body Conditioning Kieran Hargreaves	10:00 - 10:40 H.I.I.T Patrick McAuley	18:00 - 18:45 Pilates Lisa Williams
10:30 - 11:10 Legs, Bums & Tums Hannah Ahmed	17:00 - 18:00 KETTfusion Kerry Uptown	10:00 - 10:30 H.I.I.T Chris Walker	10:30 - 11:15 Pilates Cathyann Philips	17:30 - 18:15 Yogalates Sally Berry		18:00 - 18:45 Zumba Victoria & Lizzie Hind
18:00 - 18:30 H.I.I.T Leira Pamp	18:15 - 19:15 Body Combat Jodie Bannerman	18:15 - 18:55 Legs, Bums & Tums Hannah Ahmed	10:30 - 11:15 Ashtanga Yoga Catherine Fleming	18:00 - 18:30 H.I.I.T Harry Charnock		
18:45 - 19:30 Legs, Bums & Tums Kath Hinsley-Jones	18:30 - 19:10 Body Conditioning Conna Rogers	18:30 - 19:15 Dancercise Lizzie Hind	18:00 - 18:45 Pilates Lisa Williams			
19:00 - 19:45 Zumba Victoria Hind	19:30 - 20:00 H.I.I.T Patrick McAuley	19:15 - 19:55 Body Conditioning Kath Hinsley-Jones	18:00 - 18:45 Body Combat Jodie Bannerman			
20:00 - 20:45 Yoga Emma Gartside		20:30 - 21:15 Yoga Emma Gartside	19:00 - 20:00 Body Pump Jodie Bannerman			