

# OUTDOOR STUDIO TIMETABLE

Starting W/C Monday 12th April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 - 10:15 H.I.I.T Stockport Sports Village	06:30 - 07:00 CARDIO 30 Stockport Sports Village	09:00 - 09:40 Body Conditioning Houldsworth Village	06:30 - 07:00 CARDIO 30 Stockport Sports Village	06:30 - 07:15 H.I.I.T & Abs Stockport Sports Village	09:45 - 10:30 Body Conditioning Stockport Sports Village	09:30 - 10:00 Spin Hazel Grove
09:30 - 10:15 Body Conditioning Romiley	07:00 - 07:30 H.I.I.T Romiley	09:45 - 10:15 H.I.I.T Stockport Sports Village	07:00 - 07:30 H.I.I.T Romiley	07:00 - 07:30 H.I.I.T Romiley	10:00 - 10:30 BLT Cheadle	11:00 - 11:30 H.I.I.T Houldsworth Village
09:30 - 10:00 Spin 30 Hazel Grove	09:30 - 10:00 Spin Hazel Grove	09:30 - 10:00 Spin Hazel Grove	09:30 - 10:00 Outdoor Bootcamp Hazel Grove	09:30 - 10:00 Spin Hazel Grove	12:00 - 12:30 Family Bootcamp Stockport Sports Village	11:30 - 12:15 Outdoor Bootcamp Avondale
10:30 - 11:10 Legs, Bums & Tums Houldsworth Village	18:00 - 18:30 Outdoor Bootcamp Hazel Grove	10:00 - 10:30 H.I.I.T Romiley	18:00 - 18:45 Family Bootcamp Stockport Sports Village	18:00 - 18:45 Spin Hazel Grove		13:00 - 13:30 Cardio 45 Cheadle
10:00 - 10:30 Body Conditioning Cheadle		10:00 - 10:45 BLT Cheadle	18:00 - 18:45 Spin Hazel Grove	18:15 - 19:00 Family Bootcamp Stockport Sports Village		
18:00 - 18:45 Outdoor Bootcamp Avondale		18:00 - 18:45 Body Conditioning Stockport Sports Village				
18:00 - 18:30 Spin Hazel Grove		18:15 - 18:55 Legs, Bums & Tums Houldsworth Village				
18:00 - 18:30 H.I.I.T Houldsworth Village		18:00 - 18:30 H.I.I.T Cheadle				
18:00 - 18:45 H.I.I.T & Abs Stockport Sports Village						