



# Class Timetable

Class descriptions @  
[www.thefitnessspace.com](http://www.thefitnessspace.com)

To Book:  
 01344 875 053,  
[bookings@thefitnessspace.com](mailto:bookings@thefitnessspace.com)  
 or gym desk

Monday			
0915 - 1000	Combat	Jules	45 mins
1015 - 1100	Studio Cycle and Circuits	Jules	45 mins
1815 - 1900	Studio Cycle	Eileen	45 mins
1915 - 2000	Boxercise	Eileen	45 mins
2000 - 2045	Zumba	Chloe	45 mins
2045 - 2100	Core Burnout	Chloe	15 mins
Tuesday			
0915 - 1015	Hour of Power	Stewart	60 mins
1815 - 1900	Fit Club	TFS	45 mins
1900 - 2000	Pilates (Inter/Adv)	Jo	60 mins
2000 - 2045	Studio Cycle	Chloe	45 mins
Wednesday			
0915 - 1000	Circuits	TFS	45 mins
1800 - 1845	Pump	Jules	45 mins
1845 - 1930	Combat	Jules	45 mins
1945 - 2045	Fit Yoga	Phyl	60 mins
Thursday			
0915 - 1000	Cardio Sculpt	Chloe	45 mins
1815 - 1900	KBs , BBs, ViPr, Ropes	Eileen	45 mins
1900 - 2000	Urban Rebound	Eileen	60 mins
2000 - 2100	Mat Pilates	Hayley	60 mins
Friday			
0930 - 1030	Pilates	Jo	60 mins
1730 - 1800	Fit Fix	Chloe	30 mins
1800 - 1845	Zumba	Chloe	45 mins
1845 - 1900	Core Burnout	Chloe	15 mins
Saturday			
0815 - 0900	Circuits	Eileen	45 mins
0900 - 1000	Studio Cycle	Eileen	60 mins
1000 - 1015	Core Burnout	Eileen	15 mins
Sunday			
0815 - 0900	Urban Rebound	Chloe	45 mins
0930 - 1030	Studio Cycle	Kerry	60 mins
1100 - 1215	Yoga	Phyl	75 mins