

FITNESS CLASS TIMETABLE

RUSSELL SEAL FITNESS CENTRE

13/12/2021 – 19/12/2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RIDE 7:00AM-7:45AM STUDIO 1 TRACEY	LEGS, BUMS AND TUMS 7:30AM-8:15AM STUDIO 1 ANNA	YOGA 1:30PM-2:30PM STUDIO 1 SONIA	RIDE 7:00AM-7:45AM STUDIO 1 TRACEY	YOGA 1:15PM-2:15PM STUDIO 1 TARA	NO CLASSES	BOOTCAMP 9:00AM-10:00AM COVERED COURTS TRACEY
BODY PUMP 12:15PM-1:00PM STUDIO 1 SALLY	PILATES 1:15PM-2:00PM STUDIO 1 SALLY	BODY PUMP 6:15PM-7:00PM STUDIO 1 SALLY	WOD 12:15PM-12:45PM GYM GYM STAFF			
RIDE 5:15PM-6:00PM STUDIO 1 TRACEY	YOGA 5:00PM-6:00PM STUDIO 1 TARA		RIDE 5:00PM-5:45PM STUDIO 1 JIM			
	RIDE 6:15PM-7:00PM STUDIO 1 JIM		PILATES 6:00PM-7:00PM STUDIO 1 SALLY			



EXCELLENCE IN SPORT