

TERM 1 FITNESS CLASS TIMETABLE ST LUKES SPORTS CENTRE

21st September - 13th December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BODY BLAST 12:15-13:00 Chris Dance Studio	AQUA FIT 09:45-10:30 Chris Indoor Pool	RIDE 17:00-17:45 Chris K Upper Hall	CORE 13:00-13:45 Will Upper Hall	AQUA FIT 10:00-10:45 Will Indoor Pool
PILATES 13:15-14:00 Emily Dance Studio	RIDE 12:30-13:15 Chris Upper Gym	CIRCUITS 18:00-19:00 Chris K Upper Hall	YOGA 17:00-17:45 Zoe Dance Studio	BODY BLAST 12:15-13:00 Will Dance Studio
YOGA 18:00-19:00 Zoe Dance Studio	BODY PUMP 18:15-19:00 Eniko Dance Studio	PILATES 18:30-19:15 Emily Dance Studio	BODY PUMP 18:15-19:00 Miao Dance Studio	

