

TERM 2 FITNESS CLASS TIMETABLE
ST LUKES SPORTS CENTRE
(5th January - 29th March)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BODY BLAST 12:15-13:00 Chris Dance Studio	RIDE 12:30-13:15 Chris W Upper Gym	RIDE 17:00-17:45 Chris K Upper Gym	CORE 13:00-13:45 Will Upper Gym	AQUAFIT 10:00-10:45 Will SL Pool
PILATES 13:15-14:00 Emily Dance Studio	BODY PUMP 18:15-19:00 Eniko Dance Studio	CIRCUITS 18:00-19:00 Chris K Upper Gym	YOGA 17:00-17:45 Zoe Dance Studio	BODY BLAST 12:15-13:00 Will Dance Studio
YOGA 18:00-19:00 Sally Dance Studio	FLOATFIT 18:45-19:30 Chris Indoor Pool	PILATES 18:30-19:15 Emily Dance Studio	BODY PUMP COMING FEBRUARY	

