

EASTER FITNESS CLASS TIMETABLE

ST LUKES SPORTS CENTRE

31st March - 27th April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOTCAMP 07:15-08:00 Chris Upper Hall	RIDE 12:30-13:15 Chris Upper Gym	RIDE 17:00-17:45 Chris K Upper Hall	CORE 13:00-13:45 Will Upper Hall	RIDE 07:15-08:00 Will Upper Gym
YOGA 18:00-19:00 Charlotte Dance Studio	FLOAT FIT 18:45-19:45 Chris Indoor Pool	CIRCUITS 18:00-19:00 Chris K Upper Hall		AQUA FIT 10:00-10:45 Will Indoor Pool
		PILATES 18:30-19:15 Emily Dance Studio		BODY BALANCE 18:30-19:15 Zoe Dance Studio



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