# Group Exercise Timetable

**Term 1 2018 Saturday 6 October - Friday 7 December**

## Monday
- **08.00-08.30** Studio
  - Barre Express
    - Imogen
- **07.30-08.15** Studio
  - Spin Cycling
    - Sally

## Tuesday
- **08.00-08.45** Studio
  - Barre Sculpt
    - Imogen
- **12.10-12.40** Studio
  - Conditioning
    - Scott

## Wednesday
- **07.30-08.15** Studio
  - Les Mills BODYPUMP
    - Sheri
- **07.45-08.15** Studio
  - Spin HIIT 30
    - Leila
- **07.45-08.30** Studio
  - Les Mills BODYBALANCE
    - Sheri

## Thursday
- **07.45-08.30** Studio
  - Les Mills BODYBALANCE
    - Sheri

## Friday
- **10.15-11.00** Multi A
  - Kettlebells
  - Sally

## Saturday
- **12.15-13.00** Multi A
  - Bootcamp
    - Sheri
- **12.15-13.15** Studio
  - Les Mills BODYATTACK
    - Mike
  - Les Mills BODYPUMP
    - Sheri
  - Les Mills BODYCOMBAT
    - Sheri
- **12.30-13.00** Studio
  - Les Mills BODYCOMBAT
    - Sheri
- **12.30-13.15** Studio
  - Yoga
    - Katie
  - Yoga with Sally
    - Sally C
- **12.30-13.15** Studio
  - Les Mills BODYBALANCE
    - Leila
- **12.45-13.15** Studio
  - Les Mills BODYBALANCE
    - Suzanne

## Sunday
- **10.30-11.15** Multi B
  - Les Mills BODYPUMP
    - Sarah

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**NOTE:** Saturday 20 October: There will be no Spin Cycling or Pilates class due to a student dance event taking place in our Studios.