

HOLLINS HALL - STUDIO TIMETABLE - JULY 2021

Monday

08:00 - 09:30 - Yoga - Kiara
09:30 - 10:15 - Body Step - Elyse
10:30 - 11:15 - ZUMBA - Elyse
11:30 - 12:15 - Aerobics - Elyse
13:30 - 15:00 - Yoga - Kiara
18:00 - 18:45 - Spin - Mick
19:00 - 19:45 - Body Pump - Mick
20:00 - 20:45 - HIIT variety - Gym Team

Tuesday

08:00 - 09:00 - Pilates - Karen
09:15 - 10:15 - Pilates - Karen
10:20 - 11:00 - Body Tone - Elyse
11:15 - 12:00 - Body Conditioning - Krysia
12:15 - 13:00 - LBT - Krysia
18:30 - 19:15 - Core / HIIT - Mick
19:30 - 20:30 - Body Step - Kiara

Wednesday

09:30 - 10:15 - Body Attack - Elyse
10:30 - 11:15 - Strong Pilates - Elyse
11:30 - 12:15 - HIIT - Elyse
12:30 - 14:00 - Yoga - Kiara
12:30 - 13:15 - Aqua Aerobics - Louise
17:30 - 19:00 - Yoga - Kiara
18:00 - 18:45 - Kettlebell Khaos - Gym Team
19:30 - 20:00 - Core Conditioning - Krysia
20:10 - 20:50 - Spin - Krysia

Thursday

07:00 - 07:45 - Stationary Circuits - Gym Team
09:00 - 09:45 - Body Tone - Dayne
10:00 - 10:45 - ZUMBA - Dayne
11:00 - 11:45 - Body Pump - Mick
12:00 - 13:00 - Pilates - Michelle
17:45 - 19:15 - Yoga - Kiara
19:30 - 20:15 - Tabata - Kiara

Friday

09:00 - 10:15 - METALATES - Marvin
10:15 - 11:00 - Pilates - Marvin
11:00 - 11:45 - Body Fitness - Kiara
12:30 - 13:15 - Aqua Aerobics - Louise
13:30 - 15:00 - Iyengar Yoga - Michelle
18:30 - 19:30 - Body Step - Elyse

Saturday

08:30 - 09:15 - Spin - Mick
09:30 - 10:30 - Body Pump - Mick

Sunday

09:15 - 10:00 - Circuits - Krysia
10:15 - 10:45 - Core Conditioning - Krysia
11:00 - 11:45 - Box Fit - Krysia
18:00 - 19:00 - Body Step - Nick / Elyse

To book classes please call Leisure Reception on 01274 534211 or sign up at reception.