

Derriant 24:7 Gym

WINDSOR GARDENS

GROUP FITNESS TIMETABLE

MAIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	LES MILLS BODYPUMP 45 MIN - NADIA	LES MILLS BODYATTACK 45 MIN - LYNDA	LES MILLS BODYCOMBAT 1 HR - LYNDA	LES MILLS BODYPUMP 1 HR - NADIA			
6:30 AM						LES MILLS BODYPUMP 1 HR - NADIA	
7:30 AM							
8:00 AM							
8:45 AM							LES MILLS BODYATTACK 30 MIN - JHON
9:00 AM						LES MILLS BODYATTACK 1 HR - GRAHAM	
9:15 AM							
9:30 AM	STRENGTH 45 MIN - NICK	LES MILLS BODYPUMP 45 MIN - DESIREE	STRENGTH 45 MIN - NICK				LES MILLS BODYPUMP 1 HR - GRAHAM
10:00 AM					MOBILITY/ STRETCH 45 MIN - SANDRA		
10:15 AM							
10:30 AM			YOGA 45 MIN - DESIREE	LES MILLS BODYPUMP 45 MIN - FILIZ			ZUMBA 45 MIN - BELLBRENDA
5:00 PM		LES MILLS BODYPUMP 45 MIN - FILIZ			LES MILLS BODYPUMP 45 MIN - GRAHAM		
5:45 PM				LES MILLS BODYSTEP 45 MIN - SANDRA			
6:00 PM	LES MILLS BODYPUMP 1 HR - NADIA	LES MILLS BODYATTACK 45 MIN - GRAHAM	LES MILLS BODYATTACK 30 MIN - SARAH		YOGA 1 HR - SUE		
6:30 PM			LES MILLS BODYPUMP 45 MIN - SARAH	CORE 30 MIN - SANDRA			
7:00 PM	LES MILLS BODYBALANCE 45 MIN - FRANCESCA	ZUMBA 1 HR - BELLBRENDA		LES MILLS BODYBALANCE 45 MIN - SANDRA	ZUMBA 45 MIN - RAGINI		
7:30 PM			BODYTONE 45 MIN - JOSEF				
8:00 PM							

SPIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		LES MILLS RPM 45 MIN - NADIA			LES MILLS RPM 45 MIN - NADIA		
8:00 AM						LES MILLS RPM 45 MIN - GRAHAM 7:30AM	LES MILLS RPM 45 MIN - NADIA
9:00 AM	SPIN DESIREE		SPIN DESIREE			LES MILLS RPM 45 MIN - GRAHAM 10:15AM	
5:00 PM	SPIN DESIREE				SPIN DESIREE		
5:45 PM			LES MILLS RPM 45 MIN - GRAHAM				
6:00 PM	LES MILLS RPM 45 MIN - NADIA 7:00PM	LES MILLS RPM 45 MIN - NADIA		LES MILLS RPM 45 MIN - NADIA			

*TIMETABLE SUBJECT TO CHANGE. CLASSES WILL NOT RUN WITH 4 PEOPLE OR LESS. MINIMUM AGE OF ENTRY IS 14 YEARS OLD. CHILDREN FROM THE AGES OF 14-16 MUST BE SUPERVISED BY AN ADULT. PLEASE ALSO NOTE ENTRY INTO A CLASS CAN BE REFUSED AT THE INSTRUCTORS DISCRETION FOR ALL LATE COMERS WHO HAVE MISSED WARM UP.

SCAN CODE TO VIEW CLASS DESCRIPTIONS

