

01738248355

# NOVEMBER TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>8:00-9:00</b> (3rd fl) <b>Functional Fitness Open Gym</b></p>	<p><b>8:00-15:00</b> (3rd fl) <b>Functional Fitness Open Gym</b></p>	<p><b>8:00-11:30</b> (3rd fl) <b>Functional Fitness Open Gym</b></p>	<p><b>8:00-17:00</b> (3rd fl) <b>Functional Fitness Open Gym</b></p>	<p><b>8:00-11:30</b> (3rd fl) <b>Functional Fitness Open Gym</b></p>		
<p><b>9:00-12:00</b> <b>Family Open Gym</b> (3rd fl Studio &amp; Gym)</p>	<p><b>10:00-10:30</b> <b>Toddler Yoga (Studio)</b> Tammy</p>	<p><b>10:00-11:00</b> <b>Hatha Yoga (Studio)</b> Tammy</p>		<p><b>10:00-11:00</b> <b>Pilates (3rd floor Studio &amp; Gym)</b> Tammy</p>		
<p><b>18:20-18:50</b> <b>Kettlebells (2nd fl)</b> Claire</p>	<p><b>10:45-11:45</b> <b>Pregnancy Yoga (Studio)</b> Tammy</p>	<p><b>12:00-15:00</b> <b>Family Open Gym (3rd fl Studio &amp; Gym)</b></p>	<p><b>17:30-18:10</b> <b>Women Who Lift (3rd Floor Studio &amp; Gym)</b> Tammy</p>	<p><b>12:00-15:00</b> <b>Family Open Gym (3rd fl Studio &amp; Gym)</b></p>	<p><b>9:00-16:00</b> (3rd fl) <b>Functional Fitness Open Gym</b></p>	<p><b>9:00-16:00</b> (3rd fl) <b>Functional Fitness Open Gym</b></p>
<p><b>19:10-19:40</b> <b>Tabata (Studio)</b> Claire</p>	<p><b>15:30-16:15</b> <b>Kids Fit Club (2nd fl, P5-P7)</b> Caitlin</p>	<p><b>15:30-16:15</b> <b>Kids Fit Club (2nd fl, P1-P4)</b> Claire</p>	<p><b>18:20-19:00</b> <b>Hatha Yoga (Studio)</b> Tammy</p>	<p><b>16:00-20:00</b> <b>Open Gym (3rd fl)</b> <b>Functional Fitness</b></p>		
	<p><b>15:30-16:15</b> <b>Strength &amp; Fitness Fusion (3rd fl Studio &amp; Gym)</b> Andy</p>	<p><b>15:30-16:15</b> <b>Strength &amp; Fitness Fusion (3rd fl Studio &amp; Gym)</b> Chrystal</p>				
	<p><b>17:45-18:15</b> <b>Step It Up (Studio)</b> Caitlin</p>	<p><b>17:30-18:00</b> <b>Hatton Boxing (3rd fl Studio &amp; Gym)</b> Claire</p>				
		<p><b>18:20-18:50</b> <b>Studio Strength (Studio)</b> Claire</p>				
		<p><b>19:10-20:10</b> <b>Pilates (Studio)</b> Pavlina</p>				

**2nd Floor Cardio Gym Open Gym**  
 Mon - Fri 8:00-20:00  
 Sat & Sun 9:00-16:00

**2nd fl Cardio Open gym with the BEAM**  
 Mon - Fri 15:30-18:00  
 Sat & Sun 13:00-16:00

*Fitness to Feel Better*

