

May 2019 Timetable

	<u>8am</u>	<u>9am</u>	<u>10am</u>	<u>11am</u>	<u>12pm</u>	<u>1pm</u>	<u>2pm</u>	<u>3pm</u>	<u>4pm</u>	<u>5pm</u>	<u>6pm</u>	<u>7pm</u>	
<u>Mon</u>	Group Training	Group Training	Group Training	Group Training	Group Training	Closed	Closed	Closed	Group Training	Group Training	Group Training	Intermediate Pilates	
<u>Tue</u>	Group Training	Group Training	Group Training	Group Training	Group Training	Intermediate Pilates	Beginners Pilates	Closed	Group Training	Group Training	Body Sculpting	Advanced Pilates	
<u>Wed</u>	Group Training	Group Training	Advanced Pilates	Group Training	Closed	Intermediate Pilates	Closed	Closed	Circuits & Killer Abs	Circuits & Killer Abs	Circuits & Killer Abs	Boxing Intense	
<u>Thur</u>	Group Training	Group Training	Group Training	Group Training	Pilates Stretch & Balance	Closed	Closed	Closed	Group Training	Group Training	Advanced Pilates	Advanced Pilates	
<u>Fri</u>	Group Training	Pilates Stretch & Balance	Group Training	Group Training	Group Training	Closed	Closed	Closed	Partnered Boxing	Partnered Boxing	Progressive weights	Mum & Bump	Closed
<u>Sat</u>	Group Training	Group Training	Group Training	Group Training	Group Training	Closed	Closed	Closed	Closed	Closed	Closed	Closed	

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|  Group Training |  Advanced Pilates |  Progressive weights |
|  Intermediate Pilates |  Circuits & Killer Abs |  Mum & Bump |
|  Body Sculpting |  Pilates Stretch & Balance |  Closed |
|  Boxing Intense |  Partnered Boxing |  Beginners Pilates |