

# FINLAKE FITNESS STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06.45-07.30 <b>GROUP CYCLE</b> Tash	06.45-07.30 <b>SPIN FLEX</b> Lewis T	09.15-10.00 <b>BODY COMBAT</b> Abby	07.00-07.45 <b>HIIT</b> Lewis T	09.15-10.00 <b>BODY PUMP</b> Abby	10.00-10.45 <b>KIDS FIT</b> Tash
09.15-10.00 <b>BODY PUMP</b> Abby	09.15-10.00 <b>GROUP CYCLE</b> Lewis T	10.15-11.00 <b>BODY BALANCE</b> Abby	09.15-10.00 <b>BODY PUMP</b> James	10.15-11.00 <b>BODY COMBAT</b> Abby	
10.15-11.00 <b>BODY COMBAT</b> Abby	10.15-11.00 <b>ZUMBA</b> Sam	11.15-12.00 <b>GROUP CYCLE</b> Karyn	10.15-11.00 <b>SPIN FLEX</b> Lewis T	17.00-17.45 <b>STRENGTH &amp; CONDITIONING</b> Abby	
11.15-12.00 <b>BODY BALANCE</b> Abby	11.15-12.00 <b>BODY PUMP</b> Madeline	11.15-12.00 <b>AQUA ZUMBA</b> Kelly	11.15-11.45 <b>CORE CLASS</b> Madeline	18.00-18.45 <b>BODY PUMP</b> Abby	
12.15-13.00 <b>ZUMBA</b> Debbie	12.15-13.00 <b>BODY BALANCE</b> Madeline	18.00-18.45 <b>GROUP CYCLE</b> Lewis	18.00-18.45 <b>GROUP CYCLE</b> Karyn	19.00-19.45 <b>BODY BALANCE</b> Abby	
17.00-17.45 <b>ZUMBA</b> Kelly	18.00-18.45 <b>BODY COMBAT</b> Abby		19.00-19.45 <b>ZUMBA</b> Sam		
18.00-18.45 <b>BODY PUMP</b> Abby	19.00-19.45 <b>BODY BALANCE</b> Abby		19.15-20.00 <b>AQUA HIIT</b> Kelly		
19.00-20.00 <b>XTREME FIT</b> Abby					
19.30-20.15 <b>AQUA HIIT</b> Aaron					

All classes can be pre-booked up to 6 days in advance and are on a first come, first served basis. £7 per class or FREE to members. Book online [www.finlakefitness.co.uk](http://www.finlakefitness.co.uk) or call 01626 563 250. Timetable may be subject to change.

- CARDIO**
- DANCE**
- STRENGTH & CONDITIONING**
- BODY & SOUL**
- KIDS'/TEEN FIT**