

CLASS TIMETABLE



FREE TO MEMBERS

Book online at finlakeresort.co.uk or call **01626 563250**

MONDAY			TUESDAY			WEDNESDAY		
06.45-07.15	Group Cycle	Tash	06.45-07.30	Spin Flex	Lewis	06.45-07.30	Functional Fitness	Lewis
09.15-10.00	Body Pump	Abby	09.15-10.00	Group Cycle	Lewis	09.15-10.00	Body Combat	Abby
10.15-11.00	Body Combat	Abby	10.15-11.00	Zumba	Sam	10.15-11.00	Body Balance	Abby
11.15-12.00	Body Balance	Abby	11.15-12.00	Body Pump	Maddie	11.15-12.00	Circuits	Tash
12.15-13.00	Zumba	Debbie	12.15-13.00	Body Balance	Maddie	11.15-12.00	Aqua Zumba	Kelly
12.30-13.15	Aqua	Magdalana	18.00-18.45	Body Combat	Abby	18.00-18.45	Group Cycle	Lewis
17.00-17.45	Zumba	Debbie	19.00-19.45	Body Balance	Abby	18.00-18.45	Rig Fit	Tash
18.00-18.45	Body Pump	Abby				19.00-19.45	Yoga	Emma
19.00-20.00	S&C	Abby				19.30-20.15	Aqua	Magdalana
19.30-20.15	Aqua	Aaron						
THURSDAY			FRIDAY			SATURDAY		
07.00-07.45	HIIT	Lewis	07.00-07.45	Spin Flex	James	08.45-09.15	Kids Fit	Tash
09.15-10.00	Circuits	James	09.15-10.00	Body Pump	Abby	09.30-10.00	Group Cycle	Tash
10.15-11.00	Spin Flex	Lewis	10.15-11.00	Body Combat	Abby	10.15-10.45	Circuits	Tash
11.15-11.45	Core Class	Lewis	11.15-12.00	Zumba	Vicky			
18.00-18.45	S&C	Abby	12.30-13.15	Aqua	Magdalana			
19.00-19.45	Zumba	Sam	13.30-14.00	Core	Magdalana			
19.15-20.00	Aqua	Kelly	18.00-18.45	Body Pump	Abby			
			18.00-18.45	Rig Circuits	Tash			
			19.00-19.45	Pilates	Emma			
						SUNDAY		
						09.00-10.00	Yoga	Emma

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 at finlakeresort.co.uk or call **01626 563250**. Timetable may be subject to change.

