

Class Timetable

GymWorks
Chorley

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am - 12pm	06:15 - 07:00 Spin Studio	SPIN Graham	06:15 - 07:00 Main Studio	HIIT CIRCUITS Chaz	06:15 - 07:00 Spin Studio	SPIN Graham	06:15 - 07:00 RIG	CIRCUITS Zane	06:15 - 07:00 Spin Studio	SPIN Graham	08:30 - 09:15 Spin Studio	SPIN Graham		
	09:30 - 10:00 Main Studio	METAFIT Tina	09:30 - 10:15 RIG	CIRCUITS Zane	09:30 - 10:15 RIG	CIRCUITS Zane	09:30 - 10:15 Main Studio	BODY ATTACK Olga	07:15 - 08:00 Spin Studio	SPIN Kurt	09:30 - 10:15 Main Studio	STEP Marc		
	10:15 - 11:00 Main Studio	BODY PUMP Tina					10:20 - 11:05 Main Studio	BODY PUMP Olga	09:30 - 10:30 Main Studio	BODY COMBAT Olga				
									10:30 - 11:30 Main Studio	YOGA Crissi				
MIDDAY 12pm - 5pm	12:00 - 12:45 Spin Studio	SPIN Kurt												
EVENING 5pm - 10pm	17:45 - 18:30 Main Studio	BODY COMBAT Mat	17:30 - 18:15 Main studio	BODY PUMP Dawn	17:30 - 18:15 Main Studio	BODY COMBAT Mat	18:00 - 18:45 Spin Studio	SPIN Kurt	17:30 - 18:15 Spin Studio	SPIN Graham				
	18:00 - 18:45 Spin Studio	SPIN Graham	18:00 - 18:45 Spin studio	SPIN Graham	18:00 - 18:45 Spin Studio	SPIN Graham	18:45 - 19:30 Main Studio	PILATES Sam						
	18:30 - 19:15 Main Studio	BODY PUMP Mat	18:15 - 19:00 Main Studio	BODY COMBAT Dawn	18:15 - 19:00 Main Studio	BODY PUMP Mat								
			19:00 - 20:00 Main Studio	YOGA Crissi	19:05 - 19:50 Main Studio	ZUMBA Marc								

	Interval
	Cardio
	Strength and Conditioning
	Mind and Body

CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.

LES MILLS
BODYATTACK

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP metafit™