

# Class Timetable

**GymWorks**  
Skelmersdale

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 5am - 12pm														
	9.30 - 10.15 Functional Zone	BOOTCAMP Parry	9:45 - 10:45 STUDIO	FEVAH Zara	9.30 - 10.15 Studio	ABS BLAST Parry	9.30 - 10:15 Studio	STRIKEFIT Mat W	9.30 - 10:15 Studio	LIFT Mat W	9.00 - 10.00 Functional Zone	BODY BLITZ Darren	10:00-11:00 Studio	YOGA EVA
				10:30 - 11:30 Functional Zone	BOOTCAMP Darren	10:15 - 11:00 Studio	PILATES Mat W	10:15 - 11:00 Studio	HIIT & ABS Mat W	10:00 - 11:00 Studio	ZUMBA Seya			
EVENING 5pm - 10pm	18:00 - 19:00 FUNCTIONAL AREA	BOOTCAMP DAN	1800 - 18:45 Studio	STRIKEFIT Mat W	17:30 - 18:30 STUDIO	ZUMBA SEYA	17:30 - 18:30 STUDIO	YOGA Sophia	18:15 - 19:15 Studio	Dance Fit				
	17:45 - 18:45 Studio	YogaLates Sophia	18.00 - 19.00 Functional Zone	STRONGHER Sarah	18:35 - 19:20 STUDIO	STEP CHRISTINE	18:30 -19:30 STUDIO	FEVAH Zara	17:30 - 18:15 Functional Area	BOOTCAMP Dan				
	18:45 - 19:45 Studio	ZUMBA Seya	19.00 - 20.00 Functional Zone	BOOTCAMP Darren	18:30 - 19:30 Functional Area	STRONGHER Sarah	19.00 - 20.00 Functional Zone	BOOTCAMP Darren						
			19:00 - 19:45 Studio	PILATES Mat W	19.20 - 20.20 STUDIO	BodySCULPT Christine								
					19:40 - 20:40 Functional	BOOTCAMP DAN								

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.