





# Class Timetable

GymWorks

Preston

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am - 12pm	09:30 - 10:00 Spin Studio	SPIN Mo	09:30 - 10:15 Spin Studio	SPIN Mat	09:30 - 10:15 Main Studio	BODY PUMP Mat	08:30 - 9:15 Spin Studio	SPIN Graham	09:30 - 10:15 Main Studio	CLUBBERCISE Katie	09:30 - 10:30 Spin Studio	SPIN Cheryl	09:30 - 10:00 Main Studio	SPIN Mo
	10:15 - 11:00 Functional Zone	CIRCUITS Mo	10:15 - 11:00 Main Studio	PILATES Mat	10:15 - 11:00 Main Studio	BODY COMBAT Mat	09:30 - 10:15 Spin Studio	SPIN Graham	10:30 - 11:30 Main Studio	BODY PUMP Katie	10:30 - 11:15 Main Studio	ZUMBA Kaz	10:15 - 11:00 Main Studio	BOOTCAMP MO
	11:30 - 12:30 Main Studio	YOGA Jill			11:00 - 12:00 Main Studio	PILATES Atessa	10:30 - 11:30 Main Studio	YOGA Jill						
							10:30 - 11:00 Functional Zone	FUNCTIONAL FIT Cheryl						
EVENING 5pm - 10pm	17:30 - 18:15 Spin Studio	SPIN Roz	17:45 - 18:30 Main studio	CIRCUITS Kaz	18:00 - 18:30 Spin Studio	SPIN Mo	18:15 - 19:00 Main Studio	BODY PUMP Mat	17:30 - 18:00 Spin Studio	SPIN Mo				
	18:30 - 19:15 Main Studio	BODY COMBAT Roz	18:00 - 19:00 Spin studio	SPIN Cheryl	18:30 - 19:00 Main Studio	METAFIT Mo	19:00 - 19:45 Main Studio	BODY ATTACK Mat	18:00 - 18:30 Main Studio	METAFIT Mo				
	19:15 - 20:15 Main Studio	BODY PUMP Roz	20:00 - 21:00 Main Studio	YOGA Jill			19:45 - 20:30 Main Studio	PILATES Mat						

-  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™