

Class Timetable

GymWorks
Skelmersdale

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 5am - 12pm		6:00-7:00 Studio	LIFT Liberty		06:00 -07:00 studio	CARDIO Cave Ella								
	9.30 - 10.15 Functional Zone	BOOTCAMP Parry	9.30 - 10.00 Functional Zone	BOOTCAMP Parry	9.30 - 10.15 Studio	ABS BLAST Parry	9.30 - 10:30 Studio	Curves and Core Ella	9.30 - 10:15 Studio	Strength & SCULPT Ella	9.00 - 10.00 Functional Zone	BODY BLITZ Darren	10:00-11:00 Studio	YOGA SARAH
	10.15 - 1115 STUDIO	YOGA Sophia	9:45 - 10:45 STUDIO	FEVAH Zara	10:15 - 11:00 Functional Zone	BOOTCAMP Darren	10:30 - 11:15 STUDIO	PILATES JEN	10.15 -1100 studio	CARDIO Cave Ella	10:00 - 11:00 Studio	ZUMBA Seya		
					11:15 - 12:00 Studio	HIIT & ABS JEN								
EVENING 5pm - 10pm	18:00 - 19:00 FUNCTIONAL AREA	BOOTCAMP DAN	1800 - 18:45 Studio	LIFT Liberty	18:00 - 19:00 Studio	ZUMBA Seya	17:30 - 18:30 Studio	YogaLates Sophia	17:30 - 18:15 STUDIO	DANCE ZARA				
	17:45 - 18:45 Studio	YogaLates Sophia	18.00 - 19.00 Functional Zone	StrongHER Sarah	18:30 - 19:30 Functional Area	StrongHER Sarah	18:30 -19:30 STUDIO	FEVAH Zara	18:00 - 19:00 Functional	BOOTCAMP Dan				
	18:45 - 19:45 Studio	ZUMBA Seya	19.00 - 20.00 Functional Zone	BOOTCAMP Darren	19:00 - 20:00 STUDIO	BODYTONE CIRCUIT Dan	19.00 - 20.00 Functional Zone	BOOTCAMP Darren	19:00 - 20:00 STUDIO	SAVAGE DOZEN GymRox Darren				
			19:00 - 19:45 Studio	PILATES Liberty										

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.