

Aerobic classes from 22 March 2015

TIME	Sun	Mon	Tue	Wed	Thurs	Sat
08:30 to 09:30	Circuit Training Ladies (Fatma) Old studio	Body pump Ladies (Femie) Old studio	Swiss ball Ladies (Fatma) Old Studio	Indoor cycling/LBT Ladies (Femie) Old studio	Circuit Training Ladies (Fatma) Old studio	ZUMBA Ladies (Arshiya) NEW STUDIO 0900-1000
09:45 to 10:45	Pilates Ladies (Noreen) New studio No class on 12th April	Body Balance Ladies (Fatma) Old Studio	ZUMBA Ladies (Arshiya) NEW STUDIO Till 14 th April	Body and Soul Ladies (Agnieszka) New Studio	Pilates Ladies (Andrea) New studio	Body pump Ladies (Femie) Old Studio 0930-1030 Starting 28 th March
12:00 to 13:00	Indoor cycling/LBT Ladies (Femie) Old studio	ZUMBA Ladies (Arshiya) NEW STUDIO	Body pump Ladies (Femie) Old studio	Circuit Training Ladies (Fatma) New studio	Body balance (Fatma) Ladies Old studio	Tai-Chi Mixed (Steve) Old studio 1045-1215 Starting 21st March
	Body Pump Men (Peter) Sports hall	Express Cycling & Body balance Men (Alfredo/Peter) Old studio	HIIT Men (Alfredo) Sports hall	Indoor Cycling Men (Peter) Old studio	Power Pump Men (Alfredo) Sports hall	Body Pump Mixed (Peter) Old studio 16:00 to 17:00
16:30 to 17:30	Zumba Fitness Ladies (Asya) Old Studio	Circuit Training/Swiss Ball Ladies (Fatma) New Studio	Zumba Step Ladies (Asya) Old Studio	Pilates Ladies (Noreen) New studio No class on 8th & 15th April	Zumba Ladies (Lila) new studio	
	Body Combat Mixed (Shahab) Sports hall 16:30-17:30	Body Pump Mixed (Peter) Old studio 16:45 to 17:45	Body Combat Mixed (Shahab) Sports hall 16:30-17:30	Indoor Cycling Mixed (Peter) Old studio 16:30-17:30	Body Combat Mixed (Shahab) Old studio 16:30-17:30	
18:00 to 19:30	Body Pump Mixed (Dr Hakim) Old studio	CIRCUIT/BODYLANCE Mixed (Alfredo) Old studio	Body Pump Mixed (Dr Hakim) Old studio	Body balance Mixed (Alfredo) Old Studio	Circuit training Mixed (Alfredo) Old studio	