

CLASS TIMETABLE


DEANS
SPORT & LEISURE




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MONDAY

06.30-07.15	 Spin	Trampoline Room
12.30-13.00	 Kettlebells Hiit	The Studio
17.45-18.15	 Weight Training	The Studio
18.30-19.15	 Spin Attack	Trampoline Room


TUESDAY

18.00-18.45	 Pump/Mix FX	The Studio
18.45-19.30	 Zumba	The Studio
19.30-20.30	 Pilates	The Studio

WEDNESDAY

12.15-12.45	 Deans Park Dash	Deans Park
17.30-18.15	 Spin	Trampoline Room
17.30-18.15	 Body Combat	The Studio
18.30-19.30	 Strength & Agility	The Studio
19.30-20.30	 Yoga	Trampoline Room



THURSDAY

12.15-12.45	 Sprint Spin	Trampoline Room
18.00-18.45	 Boxing Circuits	Trampoline Room
18.45-19.15	 Abs Blast	Trampoline Room

FRIDAY

06.30-07.15	 TGIF Bootcamp	MUGA
12.15-12.45	 Fitball Friday	The Studio
17.30-18.30	 Body Combat	The Studio




SATURDAY

10.00-10.45	 Pump/Mix FX	The Studio
10.45-11.30	 Zumba	The Studio






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