

# GYM OPENING HOURS & TEMPORARY CLASS TIMETABLE 15<sup>th</sup> October – 17<sup>th</sup> December

## Monday

**Gym open 08:30 – 21:00**

	<b>Class</b>	<b>Instructor</b>	<b>Room</b>
10:00 – 11:00	Barre Fit	Katy	MR1&2
17:30 – 18:15	Pole Fit	Hazel/James	Studio

## Tuesday

**Gym open 08:30 – 21:00**

	<b>Class</b>	<b>Instructor</b>	<b>Room</b>
18:00 – 18:45	Step Aerobics	Aymen	MR1&2
19:00 – 19:45	Street Dance	Martyna	MR1&2

## Wednesday

**Gym open 08:30 – 21:00**

	<b>Class</b>	<b>Instructor</b>	<b>Room</b>
11:00 – 12:00	Pilates	Su Kim	MR1&2

## Thursday

**Gym open 08:30 – 21:00**

	<b>Class</b>	<b>Instructor</b>	<b>Room</b>
10:00 – 10:45	Dance Aerobics	Katy	MR1&2
18:15 – 19:00	Zumba	Kazumi	MR1&2

## Friday

**Gym open 08:30 – 19:00**

	<b>Class</b>	<b>Instructor</b>	<b>Room</b>
12:30 – 13:30	Sivananda Yoga	Yolande	MR1&2
18:00 – 19:00	Yoga	Ieva	MR1&2

## Saturday and Sunday

**Gym open 08:00 – 13:00**