

# Aldersley Class Timetable

April - June 2017

AM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bootcamp</b> 9:30am 45m ☉	<b>Pilates</b> 9:30am 45m ☉	<b>Body Pump</b> 9:30am 45m ☉	<b>Body Pump</b> 9:30am 45m ☉	<b>Body Pump</b> 9:30am 45m ☉	<b>Bhangra Blaze</b> 9:30am 45m ☉	<b>Outdoor Bootcamp</b> 9:30am 45m ☉
<b>Group Cycle</b> 10:30am 45m ☉	<b>Group Cycle</b> 10:30am 45m ☉	<b>Group Cycle</b> 10:30am 45m ☉	<b>Group Cycle</b> 10:30am 45m ☉	<b>Reggae Spin</b> 10:30am 45m ☉	<b>Group Cycle</b> 10:30am 45m ☉	<b>Legs, Bums and Tums</b> 10am 60m ☉
		<b>Legs, Bums and Tums</b> 10:30am 60m ☉		<b>Body Balance</b> 10:30am 45m ☉	<b>HIIT</b> 10:30am 45m ☉	
		<b>Body Balance</b> 11:30am 45m ☉				

PM

<b>Body Pump</b> 5:45pm 45m ☉	<b>Weight Loss Workout</b> 5:45pm 60m ☉	<b>Body Pump</b> 5:45pm 45m ☉	<b>Body Attack</b> 5:45pm 45m ☉	<b>Body Balance</b> 6:15pm 45m ☉		
<b>Group Cycle</b> 6:45pm 45m ☉	<b>Group Cycle</b> 6pm 45m ☉	<b>Group Cycle</b> 6:45pm 45m ☉	<b>Aerobics</b> 6:45pm 45m ☉			
<b>Body Attack</b> 7:45pm 45m ☉	<b>Body Balance</b> 7:15pm 45m ☉	<b>Pilates</b> 6:45pm 45m ☉				
		<b>Body Attack</b> 7:45pm 45m ☉				