

# Class Timetable

## Friary Grange Leisure Centre

Accurate as of 20/07/2017

(17-07-2017 - 23-07-2017)



| Day | Time          | Session            | Facility      |
|-----|---------------|--------------------|---------------|
| Mon | 09:30 - 10:15 | Zumba              | Evolve Studio |
| Mon | 10:25 - 11:05 | Aqua Aerobics      | Evolve Studio |
| Mon | 10:30 - 11:15 | Barre              | Evolve Studio |
| Mon | 18:00 - 18:45 | Step               | Evolve Studio |
| Mon | 19:00 - 20:00 | Aerobics (KEVILC)* | Evolve Studio |
| Mon | 19:00 - 19:45 | 360                | Evolve Studio |
| Mon | 20:00 - 20:30 | Barre              | Evolve Studio |
| Mon | 20:00 - 20:45 | Hiit It            | Evolve Studio |
| Tue | 07:00 - 07:50 | Indoor Cycling     | Evolve Studio |
| Tue | 09:30 - 10:15 | Legs, Tums & Bums  | Evolve Studio |
| Tue | 10:30 - 11:15 | Fitness Pilates    | Evolve Studio |
| Tue | 18:00 - 18:45 | Legs, Tums & Bums  | Evolve Studio |
| Tue | 18:00 - 18:45 | HIIT Step          | Evolve Studio |
| Tue | 19:00 - 19:45 | Indoor Boot Camp   | Evolve Studio |
| Tue | 19:00 - 19:45 | Zumba              | Evolve Studio |
| Tue | 20:00 - 20:45 | Barbells           | Evolve Studio |
| Wed | 09:30 - 10:15 | Step               | Evolve Studio |
| Wed | 10:30 - 11:15 | Legs, Tums & Bums  | Evolve Studio |
| Wed | 11:30 - 12:30 | 50+                | Evolve Studio |
| Wed | 13:30 - 14:15 | Silver Circuits    | Evolve Studio |
| Wed | 17:15 - 17:45 | Barre              | Evolve Studio |

| <b>Day</b> | <b>Time</b>   | <b>Session</b>             | <b>Facility</b> |
|------------|---------------|----------------------------|-----------------|
| Wed        | 18:00 - 18:45 | Step                       | Evolve Studio   |
| Wed        | 18:00 - 18:45 | Padfit                     | Evolve Studio   |
| Wed        | 18:15 - 18:45 | Row                        | Evolve Studio   |
| Wed        | 19:00 - 19:45 | Indoor Boot Camp           | Evolve Studio   |
| Wed        | 19:00 - 20:00 | Super Circuits (KEVILC)*   | Evolve Studio   |
| Wed        | 19:00 - 19:45 | Fitness Pilates            | Evolve Studio   |
| Wed        | 20:00 - 20:45 | Pound                      | Evolve Studio   |
| Thu        | 09:30 - 10:15 | Zumba                      | Evolve Studio   |
| Thu        | 09:30 - 10:15 | Indoor Boot Camp           | Evolve Studio   |
| Thu        | 10:30 - 11:15 | Barbells                   | Evolve Studio   |
| Thu        | 17:15 - 17:45 | Fitness Pilates            | Evolve Studio   |
| Thu        | 18:00 - 18:30 | Row                        | Evolve Studio   |
| Thu        | 18:00 - 18:45 | Body Tone                  | Evolve Studio   |
| Thu        | 18:30 - 19:30 | Swimfit Boot Camp          | Evolve Studio   |
| Thu        | 18:45 - 19:15 | Row                        | Evolve Studio   |
| Thu        | 19:00 - 19:45 | Power Step                 | Evolve Studio   |
| Thu        | 19:00 - 19:45 | Indoor Cycling             | Evolve Studio   |
| Fri        | 09:30 - 10:00 | ladies Only Indoor Cycling | Evolve Studio   |
| Fri        | 09:30 - 10:15 | Pound                      | Evolve Studio   |
| Fri        | 18:00 - 18:45 | Bootcamp                   | Evolve Studio   |
| Fri        | 19:00 - 19:30 | Row                        | Evolve Studio   |
| Sat        | 08:15 - 08:45 | Row                        | Evolve Studio   |
| Sat        | 09:00 - 09:45 | Fitness Pilates            | Evolve Studio   |
| Sat        | 10:00 - 10:45 | Power Step                 | Evolve Studio   |
| Sat        | 16:30 - 17:00 | Row                        | Evolve Studio   |

| <b>Day</b> | <b>Time</b>   | <b>Session</b>    | <b>Facility</b> |
|------------|---------------|-------------------|-----------------|
| Sun        | 10:00 - 10:45 | Legs, Tums & Bums | Evolve Studio   |
| Sun        | 17:00 - 17:45 | Indoor Cycling    | Evolve Studio   |
| Sun        | 19:00 - 20:00 | Aqua Aerobics     | Evolve Studio   |