

Class Timetable

Friary Grange Leisure Centre

Accurate as of 24/11/2017

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



Day	Time	Session	Facility
Mon	09:30 - 10:15	Zumba	Evolve Studio
Mon	10:30 - 11:15	Barre	Evolve Studio
Mon	18:00 - 18:45	Step	Evolve Studio
Mon	19:00 - 19:45	360	Evolve Studio
Mon	19:00 - 20:00	Aerobics (KEVILC)*	Evolve Studio
Tue	07:00 - 07:50	Indoor Cycling	Evolve Studio
Tue	09:30 - 10:15	Legs, Tums & Bums	Evolve Studio
Tue	09:45 - 10:15	Row	Evolve Studio
Tue	10:30 - 11:15	Fitness Pilates	Evolve Studio
Tue	18:00 - 18:45	HIIT Step	Evolve Studio
Tue	19:00 - 19:45	Bootcamp	Evolve Studio
Tue	19:00 - 19:45	Zumba	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
Wed	18:00 - 18:45	Power Step	Evolve Studio
Wed	18:00 - 18:45	Padfit	Evolve Studio
Wed	18:15 - 18:45	Row	Evolve Studio
Wed	19:00 - 19:45	Fitness Pilates	Evolve Studio

Day	Time	Session	Facility
Wed	19:00 - 20:00	Super Circuits (KEVILC)*	Evolve Studio
Wed	20:00 - 20:45	Pound	Evolve Studio
Thu	09:30 - 10:15	Zumba	Evolve Studio
Thu	09:30 - 10:15	HIIT Step	Evolve Studio
Thu	10:30 - 11:15	Barbells	Evolve Studio
Thu	17:15 - 17:45	Fitness Pilates	Evolve Studio
Thu	18:00 - 18:45	Body Tone	Evolve Studio
Thu	18:00 - 18:30	Row	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	Step	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
Sun	10:00 - 10:45	Legs, Tums & Bums	Evolve Studio
Sun	17:00 - 17:45	Wattbike & Row	Evolve Studio
Sun	19:00 - 20:00	Aqua Aerobics	Evolve Studio