

Class Timetable

@THEMUSWELLHILLCLUB

DAY

MORNINGS

EVENINGS

M

0930 Top to Toe, Sara
1040 Chi Ball, Sara
1205 Aquacise Jana
13.15 Legs, bum & tum, Terri

1830 Low Impact, Lance
1940 Vinyasa Yoga, Misha

T

0730 HIIT, Ryan
930 Body Sculpt, Terri
1040 Hatha Yoga, Jo

1300 Total Body Conditioning, Gabby
1830 Women on Weights, Angela
1940 Restorative Yoga, Misha

W

0930 Cardio, Angela
1040 Women on Weights, Jana
1150 Zumba Gold, Rose

1305pm Aquacise, Gabby
1830 Circuits, Sara
1940 Pilates, Sara

T

0730 Bootcamp, Jana
0930 Body Sculpt, Terri
1040 Essential Pilates, Sara

1830 Zumba, Rose
1940 Pilates HIIT, Sara

F

0930 Aerobics, Pauline
1040 Pilates Plus, Gabbie
1205 Aquacise Angela

1800 Dance Fitness, Yemi
1910 Hatha Yoga, Jo

S

0930 Step & Tone, Lance
1040 Zumba, Rose

1200 Hatha Yoga, Jo

S

0905 Aquacise, Angela
1000 Beginners Yoga, Christine
1110 Intermediate Yoga, Christine

1230 Pop Pilates, Kelli

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