

**Pools on the Park - Group Exercise Studio Timetable
Week commencing 14 September 2020**

Monday

Tai Chi	07.00-07.45	Paul
Zumba	10.45-11.30	Liz
Functional Pilates	18.30-19.15	Liz
Insanity	19.30-20.00	Liz
Stretch & Flex	20.15-21.00	Liz

Tuesday

Yoga Flow	07.00-08.00	Tim
Latin Tone	09.45-10.45	Nuria
Aqua	10.00-10.45	Ali
Pilates	11.00-12.00	Laureen
Body Conditioning	12.15-13.00	Akiko
Body Conditioning	18.00-18.45	Aga.S
Aqua	19.00-19.45	Aga.M
Dance Tone	19.00-2.00	Nuria

Wednesday

HIIT	06.45-07.15	Liz
Iyengar Yoga	09.30-10.45	Janette
Total Core	11.00-11.45	Tim
Aerolatino	12.00-12.45	Tori
Total Body Conditioning	17.45-18.30	Tara
Boxing Conditioning	18.45-19.30	Gary
Pilates Matwork	19.45-20.45	Jo-Ann

Thursday

Body Conditioning	09.45-10.45	Tim
Aqua	10.00-10.45	Liz
Pilates	11.00-12.00	Laureen
Aerolatino	18.30-19.15	Jeff
Cardio Step	19.30-20.15	Jeff
Aqua	20.00-20.45	Aga.M

Friday

Insanity	06.50-07.25	Liz
Total Body Conditioning	09.15-10.00	Akiko
Yoga Flow	10.15-11.30	Tim
Pilates Matwork	13.15-14.15	Michelle
Mindful Hatha Yoga	18.00-19.15	Kirsty

Saturday

Total Body Conditioning	08.45-09.45	tbc
Zumba	10.00-10.45	Liz
Legs, Bums & Tums	11.00-11.45	Liz
Pilates	12.00-12.45	Liz
RumbaLatina	13.30-14.30	Jeff/Tori

Sunday

Yoga	09.00-10.00	Kirsty
Body Conditioning	10.15-11.15	Debbie
Dynamic Yoga	12.00-13.15	Ruta