

FITNESS CLASS *Timetable*

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	HAMPTON PUMP WITH GARETH 6:15 - 7:00		HAMPTON PUMP WITH GARETH 6:15 - 7:00	HYROX TRAINING 6:15 - 7:00	HAMPTON PUMP WITH BONNIE 6:15 - 7:00		
					YOGA WITH LAILA 7:15 - 8:00	BOOTCAMP EXPRESS WITH RUBEN 8:30 - 9:15	
	HAMPTON PUMP WITH RUBEN 9:10 - 10:00	FITNESS PILATES WITH JANE 9:30 - 10:15	HAMPTON PUMP WITH GARETH 9:10 - 10:00	YOGA WITH LAILA 9:30 - 10:30	HAMPTON PUMP WITH SARAH 9:10 - 10:00	HYROX TRAINING 9:30 - 10:10	
	FITNESS PILATES WITH JANE 10:10 - 11:00		FITNESS PILATES WITH JANE 10:10 - 11:00		FITNESS PILATES WITH JANE 10:10 - 11:00		YOGA WITH JULIE 10:00 - 11:00
EVENING / AFTERNOON	DOCSPOT GROUP SESSION 14:00 - 14:30	DOCSPOT GROUP SESSION 14:00 - 14:30			DOCSPOT GROUP SESSION 14:15 - 14:45		
	DOCSPOT GROUP SESSION 14:40 - 15:10	DOCSPOT GROUP SESSION 14:40 - 15:10			DOCSPOT GROUP SESSION 14:55 - 15:25		
	HAMPTON HIIT WITH RUBEN 17:30 - 17:55	HYROX TRAINING 15:30 - 16:15			HYROX TRAINING 15:30 - 16:15		
	HYROX TRAINING 18:00 - 18:45			HAMPTON HIIT WITH MEGAN 18:30 - 18:55			
	HAMPTON PUMP WITH BONNIE 19:00 - 19:45	HAMPTON PUMP WITH RUBEN 18:00 - 18:45	HAMPTON CIRCUITS WITH MEGAN 18:00 - 18:45	HAMPTON ABS BLAST WITH MEGAN 19:00 - 19:30			
	YOGA WITH JULIE 20:00 - 21:00	HAMPTON HIIT & ABS WITH RUBEN 19:00 - 19:45	YOGA WITH LAILA 19:00 - 20:00				