



# THE STUDIO TIMETABLE JANUARY 2018

## Monday

Pilates	9.30-10.30am	Studio 1	Lisa
Metafit	6.00-6.30pm	Studio 1	Steve
Zumba	6.00-7.00pm	Studio 2	Selina
KPH	6.00-6.45pm	KPH Cycling Arena	Sukhy
Pump 45	6.30-7.15pm	Studio 1	Tim
Bums Legs n Tums	7.00-8.00pm	Studio 2	Selina
Abs Blast	7.15-7.30pm	PT Area	Gym Team
Aero 45	7.20-8.05pm	Studio 1	Tim

## Tuesday

KPH	6.30-7.15am	KPH Cycling Arena	Paul
KPH	9.30-10.15am	KPH Cycling Arena	Jon
Kids Kickboxing	4.30-5.30pm	Studio 2	Steve/Gaz
UBC Circuit	6.00-6.45pm	Studio 1	Jon
KPH	6.00-6.45pm	KPH Cycling Arena	Steve
Pilates	6.00-7.00pm	Studio 2	Karen
Abs Blast	6.45-7.00pm	Studio 1	Gym Team
Boxfit	7.00-8.00pm	Studio 1	Steve

## Wednesday

Total Body Blast 45	6.30-7.15am	Studio 1	Marvin
Intense Abs	7.15-7.30am	Studio 1	Marvin
Zumba	9.30-10.30am	Studio 1	Dayne
Metafit	6.00-6.30pm	Studio 1	Steve
Zumba	6.00-7.00pm	Studio 2	Selina
Pump 60	6.30-7.30pm	Studio 1	Tim
KPH	6.00-6.45pm	KPH Cycling Arena	Jon
Abs Blast	6.45-7.00pm	PT Area	Gym Team

## Thursday

Multi Fit	6.30-7.15am	KPH Cycling Arena	Paul
Fat 2 Burn	9.30-10.30am	Studio 1	Gaz
Kids Kickboxing	4.30-5.30pm	Studio 2	Steve/Gaz
Combat Circuit	6.00-6.45pm	Studio 1	Gaz
Intense Abs	6.45-7.00pm	Studio 1	Gaz
Aerotone	6.00-6.45pm	Studio 2	Paula
KPH Spin	6.00-6.45pm	KPH Cycling Arena	Steve
Fitness Pilates	6.50-7.35pm	Studio 2	Paula
BoxFit	7.00-8.00pm	Studio 1	Steve

## Friday

Metafit	6.30-7.00am	Studio 1	Steve
Abs Blast	7.00-7.15am	Studio 1	Steve
KPH	12.15-1.00pm	KPH Cycling Arena	Paul
Karate (Shokotan) - Kids & Adults	6.00-7.30pm	Studio 1	James
KPH Spin	6.00-6.45pm	KPH Cycling Arena	Sukhy

## Saturday

Bootcamp Circuit	9.00-9.55am	Studio 1	Steve
Zumba	10.00-11.00am	Studio 1	Dayne
Nikki's Dance Academy - Age 4-7	9.30-10.30am	Studio 2	Nicole
Nikki's Dance Academy - Age 8-11	10.30-11.30pm	Studio 2	Nicole
Nikki's Dance Academy - Age 12-16	11.30-12.30pm	Studio 2	Nicole
Kickboxing	11.00-12.00pm	Studio 1	Steve

## Sunday

Multi Fit	9.15-10.00am	Studio 1	Paul
Karate	9.30-10.30am	Studio 2	Jim
KPH Spin	10.00-10.45am	KPH Cycling Arena	Paul

TO RESERVE YOUR PLACE OR FOR MORE INFO : 01274 63 27 27  
 OPENING TIMES: MONDAY - FRIDAY 6AM - 10PM | SATURDAY 8AM - 6PM | SUNDAY 9AM - 5PM