

# CLASS TIMETABLE 2020

## MONDAY

TIME	CLASS	LOCATION
07:00 - 07:30	X-IT	MARQUEE
08:15 - 09:15	ASHTANGA YOGA	KELVEDON
08:15 - 09:15	PILATES	MARQUEE
09:30 - 10:15	LBT	KELVEDON
09:30 - 10:15	BODY ATTACK	MARQUEE
10:30 - 11:25	PILATES	KELVEDON
10:30 - 11:25	BODY BALANCE	MARQUEE
11:45 - 12:45	BODY PUMP	KELVEDON
13:00 - 14:00	LBT GOLD	MARQUEE
18:30 - 19:15	ZUMBA	MARQUEE
18:30 - 19:25	BODY PUMP	KELVEDON
19:30 - 20:25	BODYCOMBAT	MARQUEE
20:30 - 21:30	HATHA YOGA	KELVEDON
20:40 - 21:40	YOGA	MARQUEE

## TUESDAY

TIME	CLASS	LOCATION
09:30 - 10:15	LBT	KELVEDON
09:30 - 10:15	BODY ATTACK	MARQUEE
10:30 - 11:25	PILATES	KELVEDON
10:30 - 11:30	VINYASA YOGA	MARQUEE
11:45 - 12:30	YOUNG AT HEART	KELVEDON
18:00 - 18:45	ZUMBA STEP	KELVEDON
19:15 - 20:15	PILATES	MARQUEE
19:00 - 20:30	HATHA YOGA	KELVEDON

## WEDNESDAY

TIME	CLASS	LOCATION
08:00 - 09:00	BODY PUMP	KELVEDON
09:00 - 09:35	STRONG	MARQUEE
09:15 - 10:15	BODY PUMP	KELVEDON
09:50 - 10:15	ZUMBA	MARQUEE
10:30 - 11:25	BODY BALANCE	MARQUEE
11:30 - 12:30	ZUMBA STEP	KELVEDON
13:00 - 14:30	HATHA YOGA	KELVEDON
18:15 - 18:55	HIIT	MARQUEE
18:30 - 19:15	LBT	KELVEDON
19:00 - 19:45	BODY ATTACK	MARQUEE
20:00 - 20:45	BODY PUMP	KELVEDON

**BOOKING AVAILABLE ONLINE OR VIA OUR APP  
FROM MONDAY 20TH JULY**

**NOT GOT THE APP YET? DOWNLOAD THE 'ELITELIVE' APP  
TODAY VIA THE APP STORE OR GOOGLE PLAY STORE**

**ALL CLASSES ARE SUBJECT TO CHANGE AND  
YOU MAY ONLY BOOK 7 DAYS IN ADVANCE**



# CLASS TIMETABLE

## THURSDAY

TIME	CLASS	LOCATION
08:30 - 09:10	LBT	MARQUEE
09:00 - 10:00	YOGA	MARQUEE
10:15 - 11:15	BEGINNERS HATHA YOGA	KELVEDON
10:30 - 11:45	ADVANCED HATHA YOGA	KELVEDON
11:30 - 12:30	YAH DANCE	KELVEDON
13:00 - 14:00	PILATES	KELVEDON
18:00 - 18:55	BODY PUMP	KELVEDON
19:15 - 20:15	BODY COMBAT	KELVEDON
20:00 - 21:00	PILATES	MARQUEE

## FRIDAY

TIME	CLASS	LOCATION
07:00 - 07:45	X-IT	MARQUEE
08:15 - 09:00	LBT	KELVEDON
09:00 - 09:30	STRONG	MARQUEE
09:15 - 10:15	LBT	KELVEDON
09:45 - 10:30	ZUMBA	MARQUEE
10:30 - 11:30	PILATES	KELVEDON
11:45 - 12:40	PILATES (BECCA)	KELVEDON
11:45 - 12:40	PILATES (MICH)	MARQUEE
12:45 - 13:45	TAI CHI	MARQUEE
19:00 - 20:00	HATHA YOGA	KELVEDON

## SATURDAY

TIME	CLASS	LOCATION
08:00 - 09:00	BODY COMBAT	KELVEDON
09:30 - 10:30	BODY PUMP	KELVEDON
09:30 - 10:15	ZUMBA	MARQUEE
10:30 - 11:30	BODY BALANCE	MARQUEE
10:45 - 12:15	HATHA YOGA	KELVEDON

## SUNDAY

TIME	CLASS	LOCATION
08:00 - 09:00	TAI CHI	MARQUEE
09:15 - 09:55	LBT	MARQUEE
10:15 - 11:15	BODY PUMP	KELVEDON
10:15 - 11:00	ZUMBA	MARQUEE
11:30 - 12:30	BODY BALANCE	KELVEDON
18:30 - 19:30	YIN YOGA	KELVEDON

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**BIRCHWOOD PARK**  
GOLF & COUNTRY CLUB