

CLASS TIMETABLE 2021

MONDAY

TIME	CLASS	LOCATION
07:00 - 07:30	X-IT	STUDIO 1
08:00 - 09:15	ASHTANGA YOGA	KELVEDON
08:15 - 09:15	PILATES	STUDIO 1
09:30 - 10:15	LBT	KELVEDON
09:30 - 10:15	BODY ATTACK	STUDIO 1
10:30 - 11:30	PILATES	KELVEDON
10:30 - 11:30	BODY BALANCE	STUDIO 1
11:45 - 12:45	BODY PUMP	KELVEDON
13:15 - 14:15	LBT GOLD	KELVEDON
18:30 - 19:15	ZUMBA	STUDIO 1
18:30 - 19:25	BODY PUMP	KELVEDON
19:30 - 20:25	BODYCOMBAT	KELVEDON
19:45 - 20:30	SPIN	STUDIO 1
20:40 - 21:40	HATHA YOGA	KELVEDON

TUESDAY

TIME	CLASS	LOCATION
08:30 - 09:00	SPIN	STUDIO 1
09:30 - 10:15	LBT	KELVEDON
09:30 - 10:15	BODY ATTACK	STUDIO 1
10:30 - 11:30	PILATES	KELVEDON
10:30 - 11:30	VINYASA YOGA	STUDIO 1
11:45 - 12:45	YOUNG AT HEART	KELVEDON
18:00 - 18:45	ZUMBA STEP	KELVEDON
19:15 - 20:15	PILATES	STUDIO 1
19:00 - 20:30	HATHA YOGA	KELVEDON

WEDNESDAY

TIME	CLASS	LOCATION
08:00 - 09:00	BODY PUMP	KELVEDON
09:00 - 09:30	STRONG	STUDIO 1
09:15 - 10:15	BODY PUMP	KELVEDON
09:40 - 10:20	ZUMBA	STUDIO 1
10:30 - 11:25	BODY BALANCE	STUDIO 1
10:45 - 11:45	ZUMBA STEP	KELVEDON
13:00 - 14:00	HATHA YOGA	KELVEDON
18:15 - 18:55	HIIT	STUDIO 1
18:30 - 19:15	LBT	KELVEDON
19:10 - 19:55	BODY ATTACK	STUDIO 1
20:00 - 20:45	BODY PUMP	KELVEDON

BOOKING AVAILABLE ONLINE OR VIA OUR APP

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



Due to lower capacity in classes please can we ask members not to book back to back classes of the same description

CLASS TIMETABLE

THURSDAY

TIME	CLASS	LOCATION
08:00 - 08:45	SPIN	STUDIO 1
08:30 - 09:10	LBT	KELVEDON
09:00 - 10:15	YOGA	STUDIO 1
09:15 - 10:10	HATHA YOGA	KELVEDON
10:15 - 11:15	BEG HATHA YOGA	KELVEDON
10:30 - 11:45	ADV HATHA YOGA	STUDIO 1
11:30 - 12:30	YAH DANCE	KELVEDON
13:00 - 14:00	PILATES	KELVEDON
18:00 - 19:00	BODY PUMP	KELVEDON
18:45 - 19:30	SPIN	STUDIO 1
19:15 - 20:15	BODY COMBAT	KELVEDON
20:00 - 21:00	PILATES	STUDIO 1

FRIDAY

TIME	CLASS	LOCATION
07:00 - 07:30	X-IT	STUDIO 1
08:00 - 08:30	SPIN	STUDIO 1
08:15 - 09:00	LBT	KELVEDON
09:00 - 09:30	STRONG	STUDIO 1
09:15 - 10:15	LBT	KELVEDON
09:45 - 10:30	ZUMBA	STUDIO 1
10:30 - 11:30	PILATES	KELVEDON
11:45 - 12:45	PILATES (BECCA)	KELVEDON
11:45 - 12:45	PILATES (MICH)	STUDIO 1
19:00 - 20:00	HATHA YOGA	KELVEDON

SATURDAY

TIME	CLASS	LOCATION
08:15 - 09:10	BODY COMBAT	KELVEDON
08:15 - 09:00	SPIN	STUDIO 1
09:30 - 10:30	BODY PUMP	KELVEDON
09:30 - 10:15	ZUMBA	STUDIO 1
10:30 - 11:30	BODY BALANCE	STUDIO 1
10:45 - 12:15	HATHA YOGA	KELVEDON

SUNDAY

TIME	CLASS	LOCATION
08:00 - 09:00	TAI CHI	KELVEDON
09:15 - 09:55	LBT	KELVEDON
10:15 - 11:15	BODY PUMP	KELVEDON
10:15 - 11:00	ZUMBA	STUDIO 1
11:30 - 12:30	BODY BALANCE	KELVEDON
18:30 - 19:30	YIN YOGA	KELVEDON

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