



Inspiring Healthier Happier Communities

Class Timetable WATERLOOVILLE

Monday				
Time	Duration	Class	Benefits	Studio
09:00	60	Hatha Yoga		Studio 2
09:15	60	Body Pump		Studio 1
09:30	45	Waterworks		Pool
10:00	45	Pilates		Studio 2
10:30	60	Body Combat		Studio 1
10:45	60	Body Balance		Studio 2
17:45	45	Body Tone		Studio 1
18:50	60	Hatha Yoga		Studio 2
18:55	45	Body Pump		Studio 1
19:45	45	Body Combat		Studio 1
20:00	60	Body Balance		Studio 2

Tuesday				
Time	Duration	Class	Benefits	Studio
07:30	30	Les Mills Grit		Studio 1
08:30	60	Pilates		Studio 2
09:15	45	Body Pump		Studio 1
09:30	45	This Girl Can		Studio 2
10:10	45	Zumba		Studio 1
11:00	60	Body Balance		Studio 2
11:00	45	LBT		Studio 1
12:05	60	Pilates		Studio 2
17:30	60	Body Combat		Studio 1
17:50	60	Fitness Yoga		Studio 2
18:35	45	Body Pump		Studio 1
18:50	60	Pilates		Studio 2
19:00	45	Waterworks		Pool
19:50	60	Pilates		Studio 2
19:55	60	Body Pump		Studio 1

Wednesday				
Time	Duration	Class	Benefits	Studio
09:15	30	Grit		Studio 1
09:15	60	Pilates		Studio 2
09:30	45	Aqua		Pool
09:50	60	Body Combat		Studio 1
10:20	75	Yoga Flow		Studio 2
17:30	45	Body Pump		Studio 1
18:00	45	This Girl Can		Studio 2
18:25	60	Body Combat		Studio 1
18:50	60	Body Balance		Studio 2

Thursday				
Time	Duration	Class	Benefits	Studio
07:00	45	BodyAttack		Studio 1
08:00	45	LesMills Grit		Studio 1
8.15	60	Body Balance		Studio 2
09:15	60	Body Tone		Studio 1
09:30	75	My Kind of Yoga		Studio 2
10:05	45	Zumba		Studio 1
10:45	60	Body Balance		Studio 2
17:40	45	Zumba		Studio 1
18:00	45	This Girl Can		Studio 2
18:30	45	Body Combat		Studio 1
18:45	45	Pilates		Studio 2
19:30	45	Pilates		Studio 2
19:00	45	Aqua		Pool
19:30	60	Body Pump		Studio 1

Friday				
Time	Duration	Class	Benefits	Studio
09:00	60	Pilates		Studio 2
09:15	45	Aqua		Pool
09:30	45	Body Attack		Studio 1
10:10	60	Pilates		Studio 2
10:45	60	B/Conditioning		Studio 1
12:30	45	Body Pump		Studio 1
16:45	75	Hatha Yoga		Studio 2
18:00	60	Body Balance		Studio 2
18:05	45	Body Pump		Studio 1

Saturday				
Time	Duration	Class	Benefits	Studio
08:15	60	Body Combat		Studio 1
09:00	60	Body Balance		Studio 2
09:30	60	Body Pump		Studio 1
10:00	75	Yoga Flow		Studio 2

Sunday				
Time	Duration	Class	Benefits	Studio
08:30	60	Body Pump		Studio 1
09:40	30	Grit		Studio 1
09:10	60	Hatha Yoga		Studio 2
10:15	60	Body Balance		Studio 2
10:15	60	Body Combat		Studio 1

Benefits	
	This class will help improve your cardio fitness
	This class will help you build strength
	This class will help improve your flexibility