

Volair Huyton w.c 31st Dec 18

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
				07.00-07.45 Gym Floor	FUNCTIONAL CIRCUIT Team Volair	07.00-08.00 Studio 1	YOGA Claire S	07.00-07.30 Studio 1	HIIT Team Volair					
09.30-10.30 Studio 1	HITT v CORE Team Volair			09.15-10.00 Spin Studio	SPIN Team Volair	09.00-09.30 Sports Hall	KO8 Team Volair	09.15-10.15 Studio 1	GROUP FIGHT Steph H	09.10-09.55 Spin Studio	SPIN Glen L	09.15-10.15 Studio 1	YOGA Sue Mc	
				09.15-10.15 Studio 1	STEP Steph B	09.35-10.20 Spin Studio	SPIN Team Volair	10.15-11.15 Studio 1	GROUP POWER Steph H	09.15-10.00 Studio 1	LOW CIRCUIT Team Volair	09.30-10.15 Spin Studio	SPIN Julie H	
				10.20-10.50 Studio 1	LBT Steph B	10.00-11.00 Sports Hall	LOW CIRCUIT Team Volair	10.30-11.15 Pool	AQUACISE Team Volair	10.00-11.00 Studio 1	BOOTCAMP Glen L	10.30-11.30 Studio 1	CIRCUIT Julie H	
				10.55-11.40 Studio 1	FITNESS YOGA Steph B	12.00-12.45 Pool	AQUACISE Team Volair			11.00-12.00 Studio 1	TAI CHI Charles T			
				12.00-12.45 Pool	AQUACISE Steph B									
				12.00-13.00 Studio 1	TAI CHI Howard D									
				14.00-15.00 Studio 1	LINE DANCING Michelle/Kate									
				17.30-18.15 Studio 1	PILATES Vicky A	17.30-18.15 Studio 1	GROUP FIGHT Steph H	17.30-18.00 Studio 1	HIIT Team Volair	Class Timetable: w.c 31st Dec 2018				
				17.30-18.10 Studio 1	SPIN Julie H	18.00-18.45 Sports Hall	CIRCUIT Team Volair	18.05-18.50 Spin Studio	SPIN Team Volair					
				18.15-18.45 Studio 1	GROUP FIGHT Lynn W	18.20-19.05 Studio 1	GROUP POWER Steph H							Cardio
				18.30-19.10 Pool	AQUACISE Julie H	18.20-19.00 Spin Studio	SPIN Julie H							Mind & Body
				18.45-19.45 Studio 1	GROUP POWER Lynn W	19.05-20.05 Studio 1	ZUMBA Katherine S							Strength
														Junior/Family