

Volair Kirkby w.c 31st Dec 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
				07.15-.7.45 Studio 3	Functional Circuit Team Volair								
9.30-10.30 Studio 3	CIRCUIT Team Volair			09.30-10.00 Studio 3	METABOLIC EFFECT Carol P	9.15-09.45 Studio 3	SPIN Vicky F	10.00-10.30 Studio 3	AFTERBURN Sue R	09.30-10.15 Studio 3	GROUP FIGHT Lynn W	10.00-11.00 Studio 3	KO8 CIRCUIT Team Volair
				10.00- 10.30 Studio 3	CORE Carol P	09.50-10.35 Studio 3	GROUP FIGHT Vicky F	10.30- 11.00 Studio 3	CORE Sue R	10.20-10.55 Studio 3	VIPR Workout Lynn W	11.15-12.00 Studio 3	SPIN Jenny H
				10.00 - 11.00 Studio 1	LOW AEROBICS Steph H	10.00-10.45 Studio 1	LOW CIRCUIT Team Volair	11.00-12.00 Studio 3	FITNESS PILATES Carol P				
				10.30 - 11.30 Studio 3	FITNESS PILATES Carol P	10.40-11.10 Studio 3	GROUP POWER Vicky F	12.15-13.00 Pool	AQUACISE Team Volair				
				12.15 - 13.00 Pool	AQUACISE Team Volair	11.00-12.00 Studio 1	TAI CHI Howard D			Class Timetable: Kirkby Q3 V1 2018			
										Cardio			
				17.30-18.00 Studio 3	KO8 Team Volair	16.30-17.15 Studio 3	FITNESS CLUB Peter H	17.30-18.00 Studio 3	KO8 Team Volair	Mind & Body			
				18.00-18.30 Studio 3	AFTERBURN Sue R	17.45-18.30 Studio 3	SPIN Jay R	18.00-19.00 Studio 1	CIRCUIT Jenny H				
				18.30-19.00 Studio 3	CORE Sue R	17.45-18.30 Studio 1	GROUP FIGHT Vicky F			Strength			
				19.00-20.30 Studio 3	YOGA Andrea N	18.35-19.20 Studio 3	GROUP POWER Vicky F						
										Junior / Family			