

# Volair Stockbridge

## W.C 17th Dec 18

MONDAY 17th		TUESDAY 18th		WEDNESDAY 19th		THURSDAY 20th		FRIDAY 21st		SATURDAY 22nd	
09.30 - 10.15 Studio 1	<b>TRIPLE TREAT</b> Julie W	09.30 - 10.15 Studio 1	<b>CIRCUIT</b> Lisa J	9.30-10.00 Studio 1	<b>SPIN</b> Julie W	09.30 - 10.15 Studio 1	<b>CIRCUIT</b> Rebecca C	10.00-10.45 Studio 1	<b>LBT</b> Lisa J		
10.30 - 11.15 Studio 1	<b>LOW CIRCUIT</b> Julie W	10.20-10.55 Studio 1	<b>SPIN</b> Lisa J	10.15-11.00 Studio 1	<b>TRIPLE TREAT</b> Julie W						
		11.00 - 11.45 Studio 1	<b>ZUMBA</b> Dave C	12.05-12.50 Pool	<b>AQUACISE</b> Julie W						
		12.05 - 12.50 Pool	<b>AQUACISE</b> Lisa J								
18.00 - 18.45 Studio 1	<b>SPIN</b> Lisa J	18.00 - 18.45 Studio 1	<b>SPIN</b> Dave C	18.00-18.45 Studio 1	<b>BOXERCISE</b> Dave C	18.00-18.45 Studio 1	<b>SPIN</b> Glen L	Class Timetable SV			
19.00 - 19.45 Studio 1	<b>AEROBICS</b> Katherine S	19.00 - 19.45 Studio 1	<b>LBT</b> Dave C	18.45-19.30 Studio 1	<b>METAFIT</b> Dave C	19.00-19.45 Pool	<b>AQUACISE</b> Glen L	<b>CARDIO</b>			
19.00-19.45 Pool	<b>AQUACISE</b> Lisa J	19.45-20.15 Studio 1	<b>ZUMBA</b> Dave C	19.35-20.00 Studio 1	<b>CORE</b> Dave C			<b>STRENGTH</b>			
19.50 - 20.35 Studio 1	<b>BLAST</b> Katherine S							<b>MIND/BODY</b>			

# Volair Stockbridge

## W.C 24th Dec 18

MONDAY 24th		Christmas Day	Boxing Day	THURSDAY 27th		FRIDAY 28th		SATURDAY 29th	
09.30 - 10.15 Studio 1	<b>TRIPLE TREAT</b> Rebecca C			09.30 - 10.15 Studio 1	<b>CIRCUIT</b> Rebecca C	10.00-10.45 Studio 1	<b>LBT</b> Rebecca C		