



## Active4Less Wombourne Studio Timetable

| Monday        |                          |            |              |
|---------------|--------------------------|------------|--------------|
| 09:30 - 10:30 | Spinning                 | All Levels | Spin Studio  |
| 17:15 - 18:00 | Spinning                 | All Levels | Spin Room    |
| 17:30 - 18:10 | Kettle Bells             | All Levels | Main Studio  |
| 18:15 - 19:15 | Legs Bums and Tums (NEW) | All Levels | Main Studio  |
| 18:15 - 19:15 | Spinning                 | All Levels | Spin Studio  |
| 19:15 - 20:15 | Spinning                 | All Levels | Spin Studio  |
| 19:15 - 20:15 | TRX (NEW)                | All Levels | Main Studio  |
| Tuesday       |                          |            |              |
| 06:30 - 07:15 | Functional Fitness (NEW) | All Levels | Gym Floor    |
| 09:30 - 10:30 | Body Blast (NEW)         | All Levels | Main Studio  |
| 09:30 - 10:30 | Spinning                 | All Levels | Spin Studio  |
| 10:30 - 11:30 | TRX (NEW)                | All Levels | Main Studio  |
| 17:30 - 18:15 | Rebound and Tone (NEW)   | All Levels | Main Studio  |
| 18:15 - 19:00 | Rebound                  | All Levels | Dance Studio |
| 18:15 - 19:00 | Spinning                 | All Levels | Spin Studio  |
| 19:15 - 20:15 | Zumba (NEW)              | All Levels | Dance Studio |
| 19:15 - 20:15 | Spinning                 | All Levels | Spin Studio  |
| Wednesday     |                          |            |              |
| 09:30 - 10:30 | Spinning                 | All Levels | Spin Studio  |
| 10:30 - 11:30 | TRX (NEW)                | All Levels | Main Studio  |
| 17:15 - 18:00 | Spinning                 | All Levels | Spin Studio  |
| 18:00 - 19:00 | Boxing Circuits          | All Levels | Dance Studio |
| 18:15 - 19:15 | Spinning                 | All Levels | Spin Studio  |
| 19:00 - 20:00 | TRX (NEW)                | All Levels | Main Studio  |
| 19:15 - 20:00 | Spinning                 | All Levels | Spin Studio  |
| 20:00 - 21:00 | Yoga * (NEW)             | All Levels | Main Studio  |
| Thursday      |                          |            |              |
| 06:30 - 07:15 | Functional Fitness (NEW) | All Levels | Gym Floor    |
| 09:30 - 10:30 | Legs Bums and Tums       | All Levels | Dance Studio |
| 10:30 - 11:15 | TRX (NEW)                | All Levels | Main Studio  |
| 17:00 - 18:00 | TRX (NEW)                | All Levels | Main Studio  |
| 18:00 - 19:00 | Legs Bums and Tums       | All Levels | Dance Studio |
| 18:15 - 19:15 | Spinning                 | All Levels | Spin Studio  |
| 19:15 - 20:15 | Zumba (NEW)              | All Levels | Dance Studio |
| 19:15 - 20:00 | Spinning                 | All Levels | Spin Studio  |

|                 |               |            |              |
|-----------------|---------------|------------|--------------|
| 20:15 - 21:15   | Pilates (NEW) | All Levels | Dance Studio |
| <b>Friday</b>   |               |            |              |
| 09:30 - 10:30   | Spinning      | All Levels | Spin Studio  |
| 10:30 - 11:30   | TRX (NEW)     | All Levels | Main Studio  |
| 18:15 - 19:15   | Spinning      | All Levels | Spin Studio  |
| <b>Saturday</b> |               |            |              |
| 09:30 - 10:30   | Spinning      | All Levels | Spin Studio  |
| <b>Sunday</b>   |               |            |              |
| 10:00 - 10:45   | Spinning      | All Levels | Spin Studio  |

\* There may be a charge for this class

Studio timetable for Active4Less Gym & Fitness Club, Wombourne - 01902 893900

3rd December, 2012

<http://wombourne.active4less.com/>