

Bolton - Studio Timetable

G = GYM

STRENGTH & CONDITIONING

CARDIO

HIT

RELAX

TONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:30 - 7AM SPIN 30 MARK	6:30 - 7AM BOOT CAMP DANNY	6:30 - 7AM MILITARY BOOT CAMP MARK	6:30 - 7AM BOXING CIRCUIT JACK	6:30 - 7AM LBT JENNIE		
	9:30 - 10AM LOWER BODY BLAST MARK	9:30 - 10AM HIIT CIRCUIT DANNY	9:30 - 10AM CORE MARK	9:30 - 10:15AM KETTLEBELLS JACK	9:30 - 10:15AM UPPER BODY BLAST JENNIE	9:15 - 9:45AM SPIN 30 ANDREW	10 - 10:30AM SPIN 30 DANNY
	10 - 10:45AM HIIT 30 HELIO TEAM		10 - 10:45AM HIIT 30 HELIO TEAM		10:15 - 11AM THUMP BOXING CHRYSTAL	9:45 - 10:30AM BODY PUMP MICHELLE	10:30 - 11AM BOOT CAMP DANNY
EVENING	5:30 - 6PM METAFIT JENNIE	5:15 - 5:45PM CORE JENNIE	5:30 - 6PM METAFIT CHRYSTAL	5:15 - 6PM HIIT 30 SCOTT	5:30 - 6PM CIRCUITS MICHAEL		
	6 - 6:45PM SPIN ROBIN	5:45 - 6:30PM HIIT 30 JENNIE	6 - 6:45PM SPIN CHRYSTAL	6 - 6:45PM SPIN DANNY	6 - 6:30PM CORE MICHAEL		
	6 - 7PM ZUMBA TRACY	6:30 - 7:15PM SPIN DANNY	6 - 7PM ZUMBA TRACY	6:30 - 7:15PM BODY PUMP MICHELLE			
	6:30 - 7:15PM STRENGTH & CONDITIONING JACK	6:30 - 7:15PM BODY COMBAT MICHELLE	7 - 7:30PM THUMP BOXING (G) CHRYSTAL	7:15 - 8PM BODY COMBAT MICHELLE			
	7 - 8PM LBT ROBIN	7:15 - 8PM BODY PUMP MICHELLE					
	8 - 9PM PILATES ROBIN						