



# Stockton-On-Tees Classes **Timetable**

From: 31<sup>st</sup> October 2011

**OPENING HOURS:**  
**MON-FRI 06:00-22:00**  
**SAT AND SUN 08:00-20:00**  
 (£) Indicates a charge

<b>MON</b>	<b>SPIN</b>	<b>ZUMBA</b>	<b>PILATES</b>		<b>ZUMBA</b>	<b>HI/LO AEROBICS</b>	<b>SPIN</b>	<b>SPIN</b>	
	07:00 - 07:30	10:00 - 10:45	11:00 - 12:00		17:30 - 18:15	18:30 - 19:15	17:30 - 18:15	18:30 - 19:15	
<b>TUE</b>	<b>SPIN</b>	<b>GROOVE FX</b>	<b>PUMP FX</b>	<b>CIRCUIT</b>	<b>BUMS &amp; TUMS</b>	<b>COMBAT</b>	<b>SPIN</b>	<b>SPIN</b>	<b>BOXACISE</b>
	09:30 - 10:15	10:15 - 11:00	11:00 - 11:45	12:30 - 13:00	17:15 - 18:00	18:00 - 18:45	18:00 - 19:00	19:00 - 19:45	19:00 - 19:45
<b>WED</b>	<b>SPIN</b>	<b>SPIN</b>	<b>BELLY DANCING</b>	<b>COMBAT</b>		<b>GROOVE FX</b>	<b>PUMP FX</b>	<b>SPIN</b>	<b>ZUMBA (£)</b>
	07:00 - 07:30	10:00 - 10:45	11:00 - 12:00	12:30 - 13:15		17:30 - 18:15	18:15 - 19:00	18:00 - 19:00	19:00 - 20:00
<b>THU</b>	<b>SPIN</b>	<b>ZUMBA</b>	<b>PILATES</b>		<b>STEP</b>	<b>Ladies only KICKBOXING (£)</b>	<b>All welcome KICKBOXING (£)</b>	<b>SPIN</b>	
	09:30 - 10:15	10:00-11:00	11:00-12:00		17:30 - 18:15	18:15 - 19:15	19:15 - 20:15	17:30 - 18:15	
<b>FRI</b>	<b>SPIN</b>	<b>TONE</b>	<b>FITNESS YOGA</b>		<b>STRIKEFIT</b>	<b>PILATES</b>	<b>SPIN</b>		
	07:00 - 07:30	10:00 - 11:00	11:00 - 11:45		17:30 - 18:30	18:30 - 19:30	18:00 - 19:00		
<b>SAT</b>		<b>SPIN</b>	<b>ZUMBA</b>	<b>PUMP FX</b>					
		10:00 - 10:45	11:15 - 12:00	12:15 - 13:00					
<b>SUN</b>		<b>SPIN</b>	<b>COMBAT</b>	<b>YOGA</b>					
		10:00 - 10:45	10:00 - 11:00	11:00 - 12:00					