

XERCISE4LESS GYMS NEWCASTLE-UNDER-LYME -SUMMER CLASS TIMETABLE -WC 1st August 2022

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------|--|---|---|---|--|--|---|
| MORNING 6am til 12pm | 06:30 - 07:00 Functional Circuits Nikki | 06:30 - 07:00 Functional FatBurn Nikki | 06:30 - 07:00 Functional HIIT / Circuits Jay | 06:30 - 07:00 Studio Body Conditioning Jay | 06:30 - 07:00 Functional Circuits Jay | 09:30 - 10:15 Studio Body Combat Dani | 10:30 - 11:15 Studio Body Pump Ellen |
| | 09:30 - 10:00 Functional X-FIT Nikki | 09:30 - 10:00 Functional X-FIT Nikki | 09:30 - 10:15 Functional X-FIT Jay | 09:30 - 10:15 Functional X-FIT Jay | 09:30 - 10:15 Functional X-FIT Jay | | |
| | 10:00 - 10:45 Spin Studio Spin Bob | 09:30-10:15 Studio Body Combat Tracy | 10:00 - 10:45 Spin Studio Spin Bob | | 10:00 - 10:45 Spin Studio Spin Bob | | |
| | 10:00 - 11:00 Studio Zumba Andrea | 10:15 - 11:00 Studio Booty Build Nikki P | | | 10:00 - 11:00 Studio Zumba Andrea | | |
| DAYTIME 12pm til 5pm | | | | | | | |
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| EVENING 5pm til 10pm | 18:00 - 18:45 Spin Studio Spin Nikki | 18:00 - 18:45 Spin Studio Spin Nikki | 17:45 - 18:45 Studio Body Pump Tracy | 18:00 - 18:45 Spin Studio Spin Nikki | 18:00-18:45 Studio Body Pump Ellen | | |
| | 18:00 - 18:30 Functional X-FIT Joel | 18:00 - 19:00 Studio Zumba Andrea | 18:00 - 18:45 Spin Studio Spin Jay/Nikki | 18:00 - 19:00 Studio Zumba Andrea | | | |
| | 18:00 - 19:00 Studio BoxFIT Bruno | 19:00 - 20:00 Studio Circuits Joel | 18:00 - 18:45 Functional Kettlebells Joel | 19:00 - 19:30 Functional X-FIT Nikki | | | |
| | 19:00 - 19:30 Studio Abs Bruno | | 19:00 - 19:30 Functional HIIT Joel | 19:15 - 20:15 Studio Body Combat Tracy | | | |
| | | 19:00 - 20:00 Studio Yoga Ellie | | | | | |

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| | CARDIO | | MIND/BODY |
| | STRENGTH | | DANCE |
| | INTERVAL | | |

There is no booking system for classes, please turn up in good time and take your place in the studio. If all places are full, please join a later class.