

PM Group Fitness Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12:15pm	STRENGTH DEV. 45min Anthea LIVE	BODYBALANCE 60min Anthea LIVE	SHAPES 45min Christine LIVE	BODYPUMP 30min	YOGA 60min Elena LIVE	BODYBALANCE 60min	BODYPUMP 60min
1:15pm	CORE 45min		BODYPUMP 45min	BODYBALANCE 60min		BODYPUMP 60min	CORE 45min
1:30pm					BODYCOMBAT 60min		
2:30pm			BODYBALANCE 60min				BODYBALANCE 60min
3:30pm	BODYCOMBAT 45min	BODYPUMP 45min	BODYCOMBAT 45min	BODYPUMP 45min	BODYBALANCE 45min		BODYPUMP 60min
4:30pm	BODYBALANCE 45min	CORE 45min	BODYBALANCE 45min	CORE 45min	BODYPUMP 45min	BODYBALANCE 60min	CORE 45min
5:30pm	BODYPUMP 50min Katie LIVE	SPIN 45min Anthea LIVE	BODYPUMP 45min Tracy LIVE	SPIN 45min Susie LIVE	BODYBALANCE 60min		
5:30pm				SHAPES 45min Tracy LIVE			
6:00pm		YIN YOGA 60min Elena LIVE					
6:30pm	YOGA 60min Christine LIVE		YOGA 60min Linda LIVE	BODYBALANCE 60min			
7:15pm		BODYBALANCE 60min					

Please note classes & instructors may change due to demand & availability.

