



Horsted Health Club Timetable

MONDAY

Time	Class	Instructor
06:05-06:45	Keiser Cycle	Patrick
06:45-07:30	HIIT	Pete
07:30-08:15	Keiser Cycle	Patrick
09:15-10:00	Cardio Blast	Kirsty
10:15-11:00	Stretch & Flow	Kirsty
11:00-11:45	Aqua	Vicky
11.30-12.30	Pilates	Luc
17:30-18:20	Circuits	Christine
18:00-18:45	Keiser Cycle	Patrick
18:45-19:30	Beginners Pilates	Bryn
19:30-20:30	Yoga	Shelly

THURSDAY

Time	Class	Instructor
08:15-09:00	Body Sculpt	Kirsty
09:15-10:00	Keiser Cycle	Luc
09:30-10:30	Zumba	Carolina
10.40-11.40	Yoga	Julie
11:00-11:45	Aqua	Vicky
12.15-13.00	DeepRelax	Jayne
16:00-17:00	Fit For Life	Christine
18:30-19:30	Bootcamp	Bryn
19:30-20:30	Yoga	Susan

TUESDAY

Time	Class	Instructor
06:30-07:15	Keiser Cycle	Patrick
09:30-10:15	HIIT	Rosie
10:15-11:15	Pilates	Rosie
11:00-11:45	Aqua	Clare
18:00-18:45	Keiser Cycle	Sarah
18:45-19:30	Body Sculpt	Sarah
19:30-20:15	Keiser Cycle	Sarah

FRIDAY

Time	Class	Instructor
06:15-07:00	Keiser Cycle	Pete
08:45-09:20	Keiser Cycle	Sarah
09:20-10:15	Body Sculpt	Sarah
10:15-11:00	Keiser Cycle	Sarah
11:00-11:45	Pilates	Sarah
18:00-19:00	Fighting Fit	Bryn

WEDNESDAY

Time	Class	Instructor
08:45-09:30	Keiser Cycle	Sarah
09:30-10:30	Body Conditioning	Sarah
11:00-11:45	Aqua	Kirsty
11:00-12:00	Pilates	Luc
18:00-18:45	LBT	Christine
19:00-19:30	HIIT	Pete
19:30-20:00	Keiser Cycle	Pete
19:30-20:30	Dance Fit	Michelle

SATURDAY

Time	Class	Instructor
08:30-09:15	HIIT	Rosie
09:15-10:00	Keiser Cycle	Rosie

SUNDAY

Time	Class	Instructor
08:00-08:45	Keiser Cycle	Pete
09:00-09:45	HIIT	Pete
09:45-10:30	Keiser Cycle	Pete