Spenborough Fitness Suite Activity Programme

	MORNING					AFTERNOON		EVENING						
Monday	Zumba	Pilates	Zumba Toning	PALS Flex & Stretch	PALS Flex & Stretch	Studio Cycling		Gym Clinic	Studio Cycling	Body Tone	Zumba	Studio Cycling	Deep Water Aqua Fit	Fitness Yoga
	9.15 - 10.00	9.30 - 10.15	10.15 - 11.00	10.30 - 11.15	11.15 - 12.00	12.15 - 13.00		17.30 - 18.00	18.00 - 18.45	18.30 - 19.15	19.15 - 20.00	19.30 - 20.30	19.15 - 20.00	20.05-21.00
Tuesday		Studio Cycling	Six of the Best	PALS Flex, Stretch & Relax		Tap Dancing		Fitball	Studio Cycling(Int)	Step Aerobics	Studio Cycling(Ad)	Pilates		Cardio Combat
		9.00 - 9.45	9.45 - 10.30	10.30 - 11.30		13.15 - 14.00		17.15 - 18.00	17:45 - 18:30	18.00 - 18.45	18:45 - 19:45	19.00 - 20.00		20.00 - 20.45
Wednesday	Studio Cycling		PALS Activity Mix	Gym Clinic	PALS Pilates	PALS Tai Chi	Aqua Zumba	Pilates	Aerotone		Legs, Bums & Tums	Aqua Zumba		Zumba
	7.15 - 8.00		10.00 - 10.45	10.30 - 11.00	11.00 - 11.45	12.00 - 13.00	12.00 - 12.45	17.15 - 18.00	18.00 -18.45		19.00 - 19.45	19.15 - 20.00		20.00 - 20.45
Thursday	Aqua Zumba	Pilates	Kettlercise	Aqua Fit	Shift It!	Aqua Med	Zumba	Abs Blast	Studio Cycling	Zumba	Step Aerobics	Aqua Fit		Pilates
	9.00 - 9.45	9.00 - 9.45	10.00 - 11.00	11.15 - 12.00	11.15 - 12.00	13.30 - 14.15	14.30 - 15.15	17.30 - 18.00	18.00 - 18.45	18.00 - 18.45	19.00 - 20.00	19.00 - 19.45		20.00 - 21.00
Friday	Studio Cycling		PALS Activity Circuit			Aqua Zumba	Hatha Yoga			X-Training	Studio Cycling			
	7.15 - 8.00		10.30 - 11.15			12.00 - 12.45	1.30-2.30			18.30 - 19.30	19.30 - 20.00			
Saturday		Week 1 X-Training	Week 1 Pilates	Week 1 Zumba Toning	Week 2 Salsa Aerobics	Week 2 Step Aerobics	Week 2 Zumba Toning							
		9.00 - 9.45	9.45 - 10.30	10.45 - 11.30	9.00 - 9.45	9.45 - 10.30	10.45 - 11.30							
Sunday	Yoga	Boot Camp	Studio Cycling											
	9.15 - 10.15	9.30 - 10.45	10.45 - 11.30											