

LORDS MEADOW CLASS TIMETABLE - December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FITNESS PILATES 7.00 - 7.45 AM (RD)	STUDIO CYCLE 7.00 - 7.45 AM (LJ)	STUDIO CYCLE 7.00 - 7.45 AM (LJ)	STUDIO CYCLE 7:00 - 7:45 AM (KB)	TOTAL TONE 9.15 - 10.15 AM (RD)	FUNCTIONAL FITNESS 8.30 - 9.15 AM (VARIOUS)	
TOTAL TONE 9.15 - 10.15 AM (EC)	BODY BLAST 9.15 - 10.15 AM (VS)	BODY CONDITIONING 9.15 - 10.00 AM (LJ)	FITNESS PILATES 9:15 - 10:15 AM (SR)	STUDIO CYCLE 10.30 - 11.15 AM (RD)		
DANCE MIX 10:30 - 11:15 AM (EC)	PILATES 10:30 - 11:30 AM (VS)	YOGA 10:30 - 11.30 AM (JS)	STUDIO CYCLE 10:30 - 11.15 AM (KB)	YOGA 11.45 - 12.45 PM (JS)		
YOGA 10.15 - 11.15 AM (JS)	FITNESS PILATES 5.30 - 6.15 PM (RD)	CIRCUITS 6.00 - 7.00 PM (JM)	STUDIO CYCLE 6.00 - 6.45 PM (LJ)	STUDIO CYCLE 6.00 - 6.45 PM (KB)		
STUDIO CYCLE 6:00 - 6.45 PM (KB)	LEGS BUMS AND TUMS 5.30 - 6.30 PM (AY)	STUDIO CYCLE 6.15 - 7.00 PM (RD)	BODY CONDITIONING 7.00 - 7.45 PM (LJ)			
CIRCUITS 7.00 - 8.00 PM (KB)	PUMP 6.45 - 7.45 PM (AY)	TOTAL TONE 7.15 - 8.15 PM (RD)				
	YOGA 7.00 - 8.00 PM (JS)					

AY = AILEEN **LJ = LAURA**
EC = EDDIE **RD = RACHAEL**
JM = JAMIE **SR = SARA**
JS = JO **VS = VICKI**
KB = KAIN

PLEASE NOTE:
 For health & safety reasons, those arriving 5 minutes after the advertised class start time will not be permitted to join the class.

	DANCE
	CALORIE BURNING
	STRENGTH & TONE
	RELAXATION
	GROUP CYCLE