

































GROUP EXERCISE SCHEDULE - LORDS MEADOW

Apr - Jun 2024

PLEASE NOTE:

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

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 (FITNESS TEAM)	
 TOTAL TONE 9:15 - 10:15 AM (EC)	 BODY BLAST 9:15 - 10:15 AM (VS)	 BODY CONDITIONING 9:15 - 10:15 AM (LJ)	 FITNESS PILATES 9:15 - 10:15 AM (SR)	 STUDIO CYCLE 10:30 - 11:15 AM (RD)		
 AQUAFIT 10:00-11:00 AM (SR)	 AQUAFIT 10:00-11:00 AM (JB)	 YOGA 10:30-11:30 AM (JS)	 AQUAFIT 10:00-11:00 AM (JB)	 YOGA 11:45-12:45 PM (JS)		
 YOGA 10:15-11:15 AM (JS)	 PILATES 10:30 - 11:30 AM (VS)	 CIRCUITS 6:00 - 7:00 PM (JM)	 STUDIO CYCLE 10:30 - 11:15 AM (KB)	 STUDIO CYCLE 6:00 - 6:45 PM (KB)		
 DANCE MIX 10:30-11:15 AM (EC)	 FITNESS PILATES 5:30 - 6:15 PM (RD)	 STUDIO CYCLE 6:15 - 7:00 PM (RD)	 STUDIO CYCLE 6:00 - 6:45 PM (LJ)			
 STUDIO CYCLE 6:00 - 6:45 PM (KB)	 LEGS, BUMS AND TUMS 5:30 - 6:30 PM (AY)	 TOTAL TONE 7:15 - 8:15 PM (RD)	 BODY CONDITIONING 7:00 - 7:45 PM (LJ)			
 AQUAFIT 6:30-7:30 PM (SA)	 YOGA 7:00-8:00 PM (JS)					
 CIRCUITS 7:00 - 8:00 PM (KB)						

AY = AILEEN
 EC = EDDIE
 JB = JANE

 JM = JAMIE
 JS = JO
 KB = KAIN

 LJ = LAURA
 RD = RACHAEL
 SA = STEPH

 SR = SARA
 VS = VICKI

	SWIMMING POOL
	DANCE
	CALORIE BURNING
	STRENGTH & TONE
	RELAXATION
	GROUP CYCLE

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