



# STUDIO TIMETABLE

**MON**

CORE 12:00 - 12:15	SPIN * 12:15 - 13:00	TONE * 12:15 - 13:00	BODY ATTACK * 13:00 - 13:45	BODY BALANCE * 13:45 - 14:00	BODY PUMP * 17:30 - 18:30	SPIN * 17:30 - 18:15	AEROBICS * 18:30 - 19:30	SPIN * 18:30 - 19:30	YOGA * 19:30 - 20:30	SALSA * £ 20:30 - 21:30
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**TUE**

BODY PUMP 07:30 - 08:30	CORE 12:00 - 12:15	RPM * 12:15 - 13:15	BODY COMBAT * 12:15 - 13:00	Steady FIT * 13:00 - 13:45	BODY COMBAT * 17:30 - 18:30	SPIN * 17:30 - 18:15	BOOT CAMP * 18:30 - 19:30	RPM * 18:30 - 19:30	PILATES * 19:30 - 20:30
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**WED**

SPIN * 07:15 - 08:00	BODY ATTACK 07:45 - 08:30	CORE 12:00 - 12:15	SPIN * 12:15 - 13:00	STEP * 12:15 - 13:00	BODY PUMP * 13:00 - 13:45	YOGA * 13:45 - 14:30	BOXING * 17:45 - 18:30	BODY BALANCE * 18:30 - 19:30	SALSA * £ 20:30 - 21:30
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**THU**

BODY COMBAT 07:30 - 08:15	CORE 12:00 - 12:15	RPM * 12:15 - 13:00	BOXING * 12:15 - 13:00	TONE * 13:00 - 13:45	PILATES * 13:45 - 14:30	YOGA * 17:15 - 18:15	BODY PUMP * 18:15 - 19:15	SPIN * 18:30 - 19:15
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**FRI**

CORE 12:00 - 12:15	BOOT CAMP * 12:15 - 13:00	RPM * 12:15 - 13:00	BODY PUMP * 13:00 - 13:45	BODY BALANCE * 17:15 - 18:00	BOXING * 18:00 - 19:00
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**SAT**

CIRCUIT 11:15 - 12:00	SPIN 12:00 - 12:45
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**SUN**

SPIN 11:00 - 11:45	BODY PUMP 12:00 - 13:00
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**Club:** Cottons

**Tel:** 0844 571 2847

**Legend**

£ = Charge may apply

\* = Class must be booked in advance

[www.fitnessfirst.co.uk](http://www.fitnessfirst.co.uk)

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