CLASS SCHEDULE

DAY	CLASS	TIME	LOCATION	INSTRUCTOR
MONDAY	HIIT Spin	06:30-07:15	Spin Studio	Thomas
	Dance & Tone	09:00-09:45	Studio 1	Cara
	Bowfield Pump	10:00-10:45	Studio 1	Sinead
	Core & Stretch	11:00-11:30	Studio 1	Sinead
	Spin	11:00-11:45	Spin Studio	Jennie
	Aqua	11:00-11:45	Pool	Cara
	Aqua	12:00-12:45	Pool	Cara
	Vinyasa Flow Yoga	12:30-13:30	Studio 1	Sara
	Tai Chi	12:30-13:30	Studio 2	Patsy
	Core & Stretch	17:30-18:00	Studio 2	Sinead
	C.S.B-Fit	17:30-18:15	Studio 1	Thomas
	Rhythm Spin	18:00-18:45	Spin Studio	Ian
	Les Mills Body Pump	18:30-19:15	Studio 1	Thomas
	Zumba	18:30-19:15	Studio 2	Cara
	Pilates	19:30-20:30	Studio 1	Sheena
TUESDAY	Circuits	06:15-07:00	Studio 1	Martin
	Pilates	09:45-10:45	Studio 1	Sheena
	Abs Attack	9:00-9:30	Studio 1	Sinead
	SPIN by COLOUR	10:45-11:30	Spin Studio	Jennie
	Lower Body Conditioning	11:00-11:45	Studio 1	Sinead
	Vinyasa Flow Yoga	12:00-13:00	Studio 1	Sara
	HyCross Circuits	17:15-18:00	Studio 1	Jennie
	Barre	17:30-18:15	Studio 2	Kirsty
	Spin	18:15-19:00	Spin Studio	Jennie
	Les Mills Body Combat	18:15-19:00	Studio 1	Ashley
	Barre	18:30-19:15	Studio 2	Kirsty
	Barre	19:30-20:15	Studio 2	Kirsty
	Seasonal Yoga	19:30-20:30	Studio 1	Ronnie
WEDNESDAY	Spin	06:30-07:15	Spin Studio	Thomas
	Gentle Yoga	07:30-08:30	Studio 1	Jac
	Barre	09:00-09:45	Studio 2	Kimberley
	Aqua	09:15-10:00	Pool	Kirsty
	C.S.B-Fit	09:30-10:15	Studio 1	Jennie
	Barre	10:00-10:45	Studio 2	Kimberley
	Zumba	10:30-11:30	Studio 1	Maureen
	Vinyasa Flow Yoga	11:45-12:45	Studio 1	Sara
	Tai Chi	13:00-14:00	Studio 1	Patsy
	Circuits	17:15-18:00	Studio 1	Martin
	Spin	17:30-18:15	Spin Studio	Thomas
	Seasonal Yoga	18:00-19:00	Studio 2	Ronnie
	Les Mills Body Pump	18:30-19:15	Studio 1	Thomas
	Pilates	19:30-20:30	Studio 1	Sheena
THURSDAY	Bowfield Pump	06:30-07:15	Studio 1	Bismah
	Step Pump	09:45-10:45	Studio 1	Maureen
	Spin	09:45-10:30	Spin Studio	Ian
	Pilates	11:00-12:00	Studio 1	Sheena
	Intermediate Pilates	18:30-19:15	Studio 1	Shona
	SPIN by COLOUR	18:30-19:15	Spin Studio	Ian
	Seasonal Yoga	19:30-20:30	Studio 1	Ronnie
FRIDAY	Box Circuits	06:30-07:15	Studio 1	Martin
	Aqua	08:30-09:15	Pool	Kirsty
	Barre	09:00-10:00	Studio 2	Kimberley
	Barre	10:00-11:00	Studio 2	Kimberley
	Combat Sculpt	10:00-10:45	Studio 1	Jennie
	Aqua	11:00-11:45	Pool	Kirsty
	Spin	11:00-11:45	Spin Studio	Jennie
	Yoga	11:00-12:00	Studio 1	Kimberley
	Tai Chi	12:30-13:30	Studio 1	Patsy
	Zumba	19:00-19:45	Studio 1	Cara
SATURDAY	HyCross Bootcamp	08:00-08:45	Studio 1	Jennie
	Yoga & Mindfulness	08:15-09:00	Studio 2	Jackie
	SPIN by COLOUR	09:00-09:45	Spin Studio	Jennie
	Bowfield Move & Play	09:00-10:00	Studio 1	Taylor
	Spin	10:00-10:45	Spin Studio	Jennie
	Seasonal Yoga	10:30-11:30	Studio 1	Jackie
SUNDAY	Sculpt	10:00-10:45	Studio 1	Iona
	Sculpt	11:00-11:45	Studio 1	Iona
	Yoga	12:15-13:15	Studio 1	Shona
	Vinyasa Flow Yoga	18:00-19:00	Studio 1	Sara

Class attendances are regularly monitored & may be subject to change.
For the most up-to-date class timetable, we recommend checking your app, which will reflect any live changes or updates. **Thank you.**

HEALTH CLUB
AT BOWFIELD