



PF2 Worcester Group Exercise Programme

Autumn 2018 TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio
	9.30am-10.15am Legs, Bums & Tums (Lucy-Jane)	9.30am-10.30am Pilates (Rachel O)	9.30am-10.15am Spinning (Lucy-Jane)	9.30am-10.30am Bodypump (Rachel N)	9.30am-10.15am Spinning (Lucy-Jane)	9.00am-9.45am Spinning (Cam)
	Open Studio	Open Studio	Open Studio	Stretch & Core 10.30am-11.00am (Lucy-Jane)	Open Studio	10.00am-11.00am Bodypump (Cam)
Lunchtime Express	Open Studio	Open Studio	1.00pm-2.00pm NHS Class (Lucy-Jane)	Open Studio	1.00pm - 2.00pm NHS Class (Cam)	Open Studio
	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio	
Evening Classes	5.30pm-6.15pm PF2 Circuits (Stuart)	6.00pm-6.45pm Stretch & Core (Lucy-Jane)	Open Studio	6.00pm-6.45pm Bodypump Express (Cam)	Open Studio	9.30am-10.15am Spinning (Leonie)
	6.30pm-7.15pm Spinning (Leonie)	7.00pm-8.00pm Bodypump (Cam)	6.30pm-7.15pm Spinning (Cam/Leonie)	Open Studio	6.00pm-7.00pm X-Training (Stuart)	10.30am-11.30am PF2 Circuits (Leonie)
	7.30pm-8.30pm Bodypump (Paul)	Open Studio	7.30pm-8.30pm X-Training (Stuart)	Open Studio	Open Studio	Open Studio
						Sunday

Group Exercise Information and Booking

PF2 Fair Booking System

Classes may be booked a maximum of 7 days in advance
Classes should be cancelled if you are unable to attend.