

PF2 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 - 10.00am Legs, Bums & Tums (Mia)	9.30am - 10.15am Spinning (Michelle)	9.30am - 10.30am Bodypump (Rachel)	9.30am - 10.15am Spinning (Mia)	9.30am-10.15am Bodyattack (Rachel)	9.00am- 10.00am Bodypump (Rachel)
	10.00am-11.00am Bodypump (Rachel)	10.30am - 11.00am Kettlebell & Functional Fit (Greg)	10.30am-11.00am Bodybalance (Rachel)	OPEN STUDIO	10.15am-10.45am Bodybalance (Rachel)	10.00am-10.45am Spinning (Greg/Michelle)
Lunchtime Express	1.00pm - 1.30pm PF2 HIIT (Mia)	1.00pm-1.30pm Abs Attack (Greg)	1.00pm - 1.30pm Spinning Express (Greg)	OPEN STUDIO	1.00pm-1.30pm Legs, Bums & Tums (Michelle)	OPEN STUDIO
	OPEN STUDIO	OPEN STUDIO	OPEN STUDIO	OPEN STUDIO	OPEN STUDIO	
Evening Classes	6.00pm - 6.30pm Bodybalance (Rachel)	6.00pm - 6.45pm Spinning (Mia)	OPEN STUDIO	OPEN STUDIO	5.30pm - 6.15pm Spinning (Greg)	
	6.30pm - 7.30pm Bodyattack (Rachel)	7.00pm - 8.00pm Bodypump (Rachel)	6.30pm - 7.15pm Legs, Bums & Tums (Mia)	6.30pm-7.00pm Bodypump Express (Sam)	OPEN STUDIO	10.00am - 10.45am Spinning (Mia)
	OPEN STUDIO	OPEN STUDIO	7.30pm - 8.15pm Boxfit (Mia)	7.00pm-8.00pm Bodyattack (Sam)	OPEN STUDIO	OPEN STUDIO
						Sunday
						OPEN STUDIO

Group Exercise Information and Booking

PF2 Fair Booking System

Classes may be booked a maximum of 7 days in advance.

Every member currently owns a free £5.00 booking card and classes remain included with membership.

Cancelling a class within 8 hours of your class will deduct 1 life from your card, cancelling a class prior to 8 hours notice will not deduct a life from your card.

Once you have used all 5 lives you will need to top up your card by paying £5.00 before you can book your next class.



