

PF2 Group Exercise Winter Timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---|--|---|--|--|---|--|
| Morning Classes | 7.00am-7.30am PF2 HIIT (Lucy) | <i>Open Studio</i> | 7.00am-7.30am PF2 HIIT (Lucy) | <i>Open Studio</i> | 7.00am-7.30am PF2 HIIT (Lucy-Jane/Tom) | <i>Open Studio</i> | <i>Open Studio</i> |
| | 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 Bodyump (Rachel N) | 9.30am-10.15am Spinning (Lucy-Jane) | 9.00am-9.45am Spinning (Cam) | 9.30am-10.15am Spinning (Lucy/Lucy-Jane) |
| | <i>Open Studio</i> | <i>Open Studio</i> | <i>Open Studio</i> | 10.30-11.00am Stretch & Core (Lucy-Jane) | <i>Open Studio</i> | 10.00am-11.00am Bodyump (Cam) | 10.30am-11.30am PF2-X (Lucy) |
| Lunchtime Classes | 12.30pm-1.00pm Spinning Express (Tom/Lucy-Jane) | 12.30pm-1.00pm Core Conditioning (Tom) | <i>Open Studio</i> | 12.30pm-1.00pm TRX Express (Tom) | <i>Open Studio</i> | <i>Open Studio</i> | <i>Open Studio</i> |
| | <i>Open Studio</i> | <i>Open Studio</i> | 1.00pm-2.00pm NHS Class (Lucy) | <i>Open Studio</i> | 1.00pm-2.00pm NHS Class (Cam) | <p>Group Exercise Information</p> <p>Classes may be booked a maximum 7 days in advance.</p> <p>Classes should be cancelled if you are unable to attend.</p> <p>To be fair to all members, a 3-Strike-Rule is enforced to encourage members to cancel bookings if they cannot attend. Each unnotified absence will be 1 strike. After 3 strikes, £5 must be paid before any more classes can be attended.</p> | |
| Evening Classes | 5.30pm-6.15pm PF2 Circuits (Stuart) | <i>Open Studio</i> | <i>Open Studio</i> | <i>Open Studio</i> | <i>Open Studio</i> | | |
| | 6.30pm-7.15pm Spinning (Lucy/Lucy-Jane) | 6.00pm-6.45pm Stretch & Core (Lucy-Jane) | 6.30pm-7.15pm Spinning (Cam) | 6.00pm-6.45pm Bodyump Express (Cam) | 6.00pm-7.00pm X-Training (Stuart) | | |
| | 7.30pm-8.30pm Bodyump (Paul) | 7.00pm-8.00pm Bodyump (Cam) | 7.30pm-8.30pm X-Training (Stuart) | <i>Open Studio</i> | <i>Open Studio</i> | | |