



	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>	<i>Open Studio</i>	<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)	9.30am-10.30am BodyPump (Rachel N)	9.30am-10.15am Spinning (Lucy-Jane)	9.00am-9.45am Spinning (Lucy-Jane/Seb)	9.30am-10.15am Spinning (Lucy)
	<i>Open Studio</i>	<i>Open Studio</i>	<i>Open Studio</i>	10.30am-11.00am Stretch & Core (Lucy-Jane)	<i>Open Studio</i>	10.00am-11.00am BodyPump (Emma)	10.30am -11.30am Welcome Class (Lucy)
Lunchtime Classes	<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 (Lucy-Jane)	<i>Open Studio</i>	<i>Open Studio</i>
	<i>Open Studio</i>	<i>Open Studio</i>	<i>Open Studio</i>	<i>Open Studio</i>	<i>Open Studio</i>	<p style="text-align: center;">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)	6.00pm-6.45pm Stretch & Core (Lucy-Jane)	5.30pm-6.30pm X-Training (Stuart)	6.00pm-7.00pm BodyPump (Emma)	6.00pm-7.00pm X-Training (Stuart)		
	6.35pm-7.20pm Spinning (Lucy)	7.00pm-8.00pm BodyPump (Emma)	7.00pm-7.45pm Spinning (Seb)	<i>Open Studio</i>	<i>Open Studio</i>		
	<i>Open Studio</i>	<i>Open Studio</i>	<i>Open Studio</i>	<i>Open Studio</i>	<i>Open Studio</i>		
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