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| ***MONDAY*** | ***TUESDAY***  | ***WEDNESDAY*** | ***THURSDAY*** | ***FRIDAY***  | ***SATURDAY*** | ***SUNDAY*** |
| **09.30-10.15****Circuit****Training** | **09.30-10.15****Cross Bike****Circuits** | **09.30-10.15****Circuit** **Training** | **09.30-10.15****Cross Bike** | **09.30-10.15****Circuit Training** | **10.00-11.30****Mini PT Sessions** | **10.00-10:45****Fitness Club** |
| **10.30-11.15****Fitball** | **10.30-11.15****Core & Stretch** | **10.30-11.15****Yoga** | **10.30-11.15****Boxercise** | **10.30-11.15****Fitball** | **Ab Blast****11:00 – 11:30** | **10:45 – 11:30****Core & Stretch** |
| **11.30-12.15****Aqua Aerobics** |  | **17.30-18.15****Aqua Aerobics** | **11:15-12.00****Core & Stretch**  | **11:15 – 12:00****Ladies Circuits** |  | **10:45 – 11:30****Core & Stretch** |
| **12:00-12:45****Pilates** |  | **17.30-18.15****Aqua Aerobics** |  |  |  |  |
|  | **17.30-18.15****Aqua Aerobics** | **18.30-19:30****Power Hour**  | **17.30-18.15****Aqua Aerobics** |  | **16:15 – 17:00****Body Blitz**  |  |
| **18.15-19.00****Cross Bike** | **18.15-19:00****Boxercise** | **18:15 – 19:15****Cross Bike**  | **18:15-19.15****Power Hour**  |  |  |  |
| **19:00 – 19:45****Core & Stretch** | **19:00 – 19:45****Body Blitz** | **19.30-20.15****Yoga** |  |  |  |  |

**ALEXANDER PARK CLASS TIMETABLE FROM 1st October 2017
Class Instructors**

**Jonty Williams**

**Rob Purdie**

**Jason Hartas**

**Sam Dudley**

**Ian Lloyd (Yoga)**

**Meriel Tibbetts (Pilates)**