

LANES STUDIO SUMMMER 2021

MONDAY	TIME	LOCATION	INSTRUCTOR
Spin	06.30 – 07.15	Studio 1	Bret K
Body Pump	07.45 – 08.30	Studio 1	Emily D
Body Combat	08.45 – 09.30	Studio 1	Laura S
Body Balance	08.45 – 09.30	Studio 2	Emily D
Quick Class	09.00 – 09.15	Gym	Gym Team
Pilates	09.45 – 10.30	Studio 1	Emily D
Aqua	10.00 - 10.45	Pool ♣	Laura S
Body Burn	10.00-10.45	Studio 2	Rob W
Zumba	11.00 – 11.45	Studio 1	Dani H
Yoga	11.45 – 12.45	Studio 2	Yasue
Use It Or Lose It	12.00 – 12.30	Studio 1	Fin
*Strictly Lanes	13.00 – 14.30	Studio 1	*Vic & Linda
*beginner Strictly	15.00 – 15.45	Studio 1	*Vic & Linda
Abs & Core	17.00 – 17.30	Studio 1	Andy T
Barre(ballet base)	17.30 – 18.00	Studio 2	Dani Ha
Aqua	18.00 – 18.45	Pool ♣	Jude B
Bootcamp	18.00 – 18.45	Outside	Andy T
Combat/attack Mix	18.15 – 19.00	Studio1	Laura S
Dance Fusion	19.15 – 20.00	Studio 2	Laura S
Pilates	19.15 – 20.00	Studio 1	Jude B
Swim Fit	19.30 – 20.30	Pool ♣	Sarah V

TUESDAY	TIME	LOCATION	INSTRUCTOR
Body Pump	06.30- 07.15	Studio1	Sally D
Spin	07.45 – 08.30	Studio 1	Emily D
Body Balance	07.45 – 08.30	Studio 2	Norma
Attack	08.45 – 09.30	Studio 1	Sally H
Pilates	09.00 – 09.45	Studio 2	Janet P
Body Conditioning	9.45 – 10.30	Studio 1	Sally H
Stretch	10.00 – 10.30	Studio 2	Janet P
Dance Fusion	10.45 -11.30	Studio 1	Laura S
Body Pump	11.45 – 12.30	Studio 2	Janet P
Yoga	11.45 -12.30	Studio 1	Beatrice L
Yoga Sleep	12.40 – 13.25	Studio 1	Beatrice L
Chair Exercise	13.40 – 14.10	Studio 1	Beatrice L
Spin	17.30-18.15	Studio 1	Jo M
HIIT	17.30 – 18.00	Studio 2	Abi C
Fitness Pilates	18.15 – 19.00	Studio 2	Janet P
Body Combat	18.30-19.15	Studio 1	Rich D
Run Club	18.30 – 19.00	Outside	Fin M
Body Balance	19.15- 20.00	Studio 2	Ruby
Body Pump	19.30 - 20.15	Studio 1	Rich D
Quick Class	19.30 – 19.45	gym	Gym Team

WEDNESDAY	TIME	LOCATION	INSTRUCTOR
Spin	06.30 – 07.15	Studio 1	Sue T
Body Pump	07.30 – 08.15	Studio 1	Sue T
Grit	07.30 – 08.00	Studio 2	Rich D
Barre & Burn	08.30 - 09.15	Studio 1	Laura S
Pilates	09.30- 10.15	Studio 1	Sam B
Quick Class	09.30 – 09.45	Gym	Gym team
Aqua	09.30 – 10.15	Pool ♣	Jude B
Aqua	10.30 – 11.15	Pool ♣	Laura S
Spin	10.30 – 11.15	Studio 2	Mark T
LBT	10.30 – 11.15	Studio 1	TBC
Body Balance	13.30 – 14.15	Studio 2	Rach C
Spin	17.00 – 17.45	Studio 1	Norma P
Pilates	18.00 – 18.45	Studio 1	Annie T
LM core	18.00 – 18.30	Studio 2	Norma P
Pure Stretch	18.45- 19.15	Studio 2	Norma P
Zumba	19.00 – 19.45	Studio 1	Sally D

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THURSDAY	TIME	LOCATION	INSTRUCTOR
Body Combat	06.30 – 07.15	Studio 1	Sally D
Pilates	07.45 – 08.30	Studio 1	Ruby
Body Attack	09.00 – 09.45	Studio 1	Laura S
SMASH Aerobics	10.00 – 10.45	Studio 1	Laura S
Body Pump	11.00 – 11.45	Studio 1	Rach C
Yogalates	12.00 – 12.45	Studio 1	Annie T
Chair Exercise	15.00 – 15.30	Studio 1	Fin
Retro Spin	17.00 – 17.45	Studio 1	Andy T
HIIT	17.30 – 18.00	Studio 2	Fin
Box bootcamp	18.00 – 18.30	Outside	Andy T
Pump	18:15 – 19.00	Studio 1	Jo M
Yoga	18.45 – 19.45	Studio 2	Yasue
Aqua	19.00 – 19.45	Pool ♣	Jude B
Quick Class	19.00 – 19.15	Gym	Gym Team
LM Core	19.15 – 19.45	Studio 1	Jo M

FRIDAY	TIME	LOCATION	INSTRUCTOR
Swim Fit	06.30 – 07.30	Pool ♣	Sarah V
Spin	06.30 – 07.15	Studio 1	Sue T
Freestyle Pump	07.45 – 08.30	Studio 1	Jude B
Quick Class	08.00 – 08.15	Gym	Gym Team
Combat	08.45 – 09.30	Studio 1	Laura S
Body Burn	09.00 -09.45	Studio 2	Rob W
Aqua	09.15 – 10.00	Pool ♣	Emma S
Lanes Mix (1 hr)	09.45– 10.45	Studio 1	Laura S
Yoga	10.00 -10.45	Studio 2	Lucy T
Aqua	10.15 – 11.00	Pool ♣	Emma S
Step	11.00 – 11.45	Studio 1	Karen T
Pilates	12.00 – 12.45	Studio 1	Annie T
Tai Chi	13.00 – 14.00	Studio 1	Keith C
Use it or lose it	14.15 – 14.45	Studio 1	Fin
Pump	17.45 – 18.30	Studio 1	Dwayne
Yin Yoga	17.45 – 18.45	Studio 2	Beatrice L
Spin Circuits	18.40 – 19.25	Studio 1	Andy T

SATURDAY	TIME	LOCATION	INSTRUCTOR
Spin	08.15 – 09.00	Studio 1	Mark T
Quick Class	09.00 – 09.15	Gym	Gym Team
Body Pump	09.30 – 10.15	Studio 1	Sally D
Conditioning	09.30 – 10.15	Studio 2	Sally H
Body Combat	10.30 – 11.15	Studio 1	Sally H
Zumba	10.30 – 11.15	Studio 2	Sally D
Pure Stretch	11.30 – 12.15	Studio 1	Sally H

SUNDAY	TIME	LOCATION	INSTRUCTOR
Body Attack	09.00 – 09.45	Studio 1	Richard D
Quick Class	09.00 – 09.15	Gym	Gym Team
Body Pump	10.00 -10.45	Studio 1	Sam G
Totally Shredded	11.00 – 11.45	Studio 2	Sam G
Yoga	11.15 – 12.00	Studio 1	Norma P
Spin	12.15 – 13.00	Studio 1	Mark T