

TRU GYM: CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CYCLING 06:30-07:15 Lisa	GROUP CYCLING 9:30-10:15 Lisa	AQUA FIT 9:15-10:00 Sally	Aerobics 9:30-10:15 Alex	Group cycling 9:30-10:15 Lucy	YOGA 9:15-10:00 Emily	YOGA 9:30-10:15 Emily
GROUP CYCLING 9:30-10:15 Lucy	AEROBICS 9:30-10:15 Alex	SOCA DANCE 9:30-10:15 Elliot	BUMS N TUMS 10:15-11:00 Alex	AEROBICS 9:30-10:15 Alex	TRU COMBAT 10:05-10:50 Lisa	GROUP CYCLING 10:20-11:05 Elliot
PILATES 9:30-10:15 Alex	BODY TONE 10:20-11:05 Alex	GROUP CYCLING 10:25-11:10 Elliot	R30 - 30 Minute Spin 10:30-11:00 Olivia	GROUP POWER BARBELL 10:15-11:00 Alex	GROUP CYCLING 10:05-10:50 Charlie	PILATES 10:20-11:05 Helen
AQUA FIT 10:15-11:00 Alex	PILATES 11:05-11:50 Alex	CONDITIONING 10:25-11:10 Kari	PILATES 11:10-11:55 Alex	AQUA FIT 11:15-12:00 Alex	WEIGHTS 11:00-11:45 Charlie	SOCA DANCE 11:10-11:55 Elliot
STRETCH 10:20-11:05 Sally	GROUP CYCLING 17:30-18:15 Lisa	BODY TONE 11:20-12:05 Olivia	BUMS AND TUMS 17:30-18:15 Kari	CONDITIONING 17:30-18:15 Dan Cox		
GROUP POWER BARBELL 11:15-12:00 Alex	AQUA FIT 17:30-18:15 Sally	GLUTE CAMP 17:30-18:15 Olivia	GROUP CYCLING 18:15-19:00 Charlie	GROUP CYCLING 18:15-19:00 Charlie		
WEIGHTS 17:30-18:15 Charlie	GROUP CORE 17:45-18:15 Chris	GROUP CYCLING 18:25-19:25 Chris	BODY TONE 18:25-19:10 Olivia	PILATES 18:25-19:10 Dan Cox		
TRU ATTACK 18:30-19:15 Lisa	R30 - 30 Minute Spin 18:25-18:55 Chris	CONDITIONING 18:25-19:10 Kari	AQUA FIT 19:15-20:00 Olivia			
GROUP CYCLING 18:30-19:15 Charlie	BUMS AND TUMS 18:30-19:15 Lisa					
YOGA 19:10-19:55 Emily						

