

## JAN - MAR TIMETABLE - GATESHEAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycling 08.45 - 09.30 Martyna	Group Cycling 06.00 - 06.45 Martyna	Legs Bums Tums 09.00 - 09.45 Jamie	Full Body Workout 08.45 - 09.30 Martyna	Group Cycling 06.00 - 06.45 Chelsea	Group Cycling 08.45 - 09.30 Martyna	Barbell Workout 11.30 - 12.15 Martyna
Pump - Barbell 09.35 - 10.20 Martyna	Barbell Workout 09.00 - 09.40 Jamie	HIIT 09.50 - 10.20 Jamie	Group Cycling 09.35 - 10.20 Martyna	Group Fight (Combat) 08.45 - 09.30 Sam	Circuits 09.40 - 10.25 Martyna	
Group Cycling 17.15 - 18.00 Martyna	Group Cycling 09.45 - 10.15 Jamie	Abs Blast 17.00 - 17.30 Sam	Cycle Xpress 17.00 - 17.30 Sam	Sun Salutations & Stretch 9.35 - 10.05 Sam		
Body Conditioning 18.00 - 18.45 Graz	Cycle Xpress 17.00 - 17.30 Sam	Zumba 17.30 - 18.10 Sam	HIIT 17.30 - 18.10 Lori	Circuits 17.30 - 18.15 Graz		
19.00 - 19.45 Box Fit Graz	Circuits 17.30 - 18.15 Lori	Group Cycling 18.15 - 19.00 Martyna	Kettlecise 18.15 - 18.55 Lori	Group Cycling 18.20 - 19.05 Martyna		
	15:15:15 18.15 - 19.00 Lori	Boxercise 19.05 - 19.50 Graz	Barbell Workout 19.00 - 19.50 Martyna			

MEMBER CLUBS: ARM WRESTLING EVERY SUNDAY AT 10.30  
BOXING WITH PROFESSIONAL BOXER ROD, EVERY MONDAY WEDNESDAY AND FRIDAY AT 7PM