

MARCH CLASS TIMETABLE

MON	TRUSPIN 6.30-7.15 Ross	TRUBATA 9.00-9.30 Ross	TRUATTACK 9.30-10.30 Emma	Body Tone 10.45-11.30 Emma	INDUCTION 12.00-12.30 TRUGYM	TRUABS 3.30-3.45 TRUGYM	INDUCTION 5.00-5.30 TRUGYM	TRUPUMP 5.45-6.30 Heather	TRUCOMBAT 6.30-7.15 Heather	TRUSPIN 7.15-8.00 Heather	RESERVED 7.15-8.45 Michelle	
TUE	TRUCIRCUIT 6.30-7.15 Paul	TRUSPIN 9.30-10.15 Paul	TRUFIT 10.30-11.15 Paul	INDUCTION 12.00-12.30 TRUGYM	TRUABS 3.30-3.45 TRUGYM	INDUCTION 5.00-5.30 TRUGYM	TRUSPIN 5.30-6.15 Heather	TRUATTACK 6.00-7.00 Emma	HIIT £ 7.00-7.30 Emma	TRUSPIN 7.00-7.45 Ross	TRUABS 8.15-8.45 Ross	
WED	TRUFIT 6.30-7.15 Paul	GROOVEFX 9.15-10.00 Mary	TRUSPIN 10.15-11.00 Paul	TRUBALANCE 10.00-11.00 Mary	INDUCTION 12.00-12.30 TRUGYM	INDUCTION 5.00-5.30 TRUGYM	TRUPUMP 5.30-6.15 Heather	TRUSPIN 6.00-6.45 Glen	TRUPILATES 6.15-7.00 Heather	TRUSPIN 7.00-7.45 Heather	TAEKWONDO 7.00-8.30 Horizon	TRUABS 7.45-8.15 Heather
THU	TRUFIT 6.30-7.15 Paul	TRUCOMBAT 9.15-10.00 Heather	TRUSPIN 10.15-11.00 Paul	INDUCTION 12.00-12.30 TRUGYM	INDUCTION 5.00-5.30 TRUGYM	LEGS BUMS TUMS 5.00-5.45 Heather	TRUATTACK 5.45-6.30 Emma	HIIT 6.30-7.00 Emma	YOGA 7-00 8-00 Katy	TRUSPIN 6.30-7.15 Heather		
FRI	TRUSPIN 6.45-7.30 Mary	ZUMBA ££ 9:15-10.15 Emma	TRUSPIN 10.15-11.00 Paul	INDUCTION 12.00-12.30 Induction	TRUABS 3.00-4.00 TRUGYM	TRUSPIN 6.00-6.45 Ross	TRUABS 7.45-8.15 TRUGYM					
SAT	CIRCUIT 9.15-10.15 Joe	TRUSPIN 9.15-10.00 Heather	TRUSPIN 10.15-11.00 Heather	TRUCIRCUIT 11.15-12.15 Heather	INDUCTION 12.00-12.30 Paul							
SUN	TRUSPIN 9.30-10.15 Paul	TRUFIT 10.30-11.30 Paul	INDUCTION 12.00-12.30 Ross	RESERVED 12..30-02.30 Michelle								

Please take note of the following changes:

TruSpin on Monday mornings at 9:15 is now TruBata from 9.00 till 9.30

TRUGYM KEIGHLEY OPENING HOURS 6AM – 11PM MONDAY TO FRIDAY 8AM – 8PM SATURDAY AND SUNDAY

CALL THE CLUB ON 01535 663 633