

CLASS TIMETABLE

DEANS
SPORT & LEISURE



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MONDAY

06.30-07.15		Spin	Spin Studio
17.45-18.15		Monday Madness	The Studio
18.30-19.15		Spin Assault	Spin Studio
18.30-19.15		Zumba	The Studio



TUESDAY

18.00-18.45		Bodyweight/Blitz	The Studio/MUGA
18.00-18.45		Outdoor Circuits	TMUGA



WEDNESDAY

17.30-18.15		Body Combat	The Studio
18.00-18.30		Sprint Spin	Spin Studio
18.45-19.30		Strength	The Studio

THURSDAY

18.30-19.15		Zumba	Trampoline Room
19.30-20.30		Yoga	Trampoline Room

FRIDAY

06.30-07.15		TGIF Bootcamp	MUGA
17.30-18.15		Body Combat	The Studio

SATURDAY

09.00-10.00		Yoga	Trampoline Room
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MIND AND BODY



CARDIO



DANCE



BODYWEIGHT & WEIGHTS



STRENGTH