



# workout

BRISTOL

Classes can be booked 48 hours in advance and cancelled up to 90 minutes before the class via your online account. Members will be charged £2 for cancelling within the 90 minutes. MoveGB and PAYG will be charged the full session rate.

Non-members and Move GB will need to initially register online with us prior to the first class on our Website. Non-members PAYG and MoveGB under MoveGB. This will enable you to have direct access to all our classes in the future.

Classes marked with Ⓢ have a £5 charge to members payable to the instructor on the day. PAYG and MoveGB is just taken from your normal account. If you would like to do Karate, please call the instructor to book.

## Spin Timetable

### MONDAY

0615 - 0700	Spin Workout	Sarah D
1230 - 1315	Spin Workout	Dave
1800 - 1840	Spin Workout	Ros
1900 - 1945	Spin Workout	Paul

### TUESDAY

0930 - 1015	Spin Workout	Vicky M
1800 - 1845	Spin Workout	Donna
1900 - 1940	Spin Workout	Sarah D

### WEDNESDAY

0615 - 0700	Spin Workout	Charlotte
1245 - 1315	Spin Workout	Vicky C
1815 - 1900	Spin Workout	Paul
1915 - 1955	Spin Workout	Sarah D

### THURSDAY

0930 - 1015	Spin Workout	Corinne
1230 - 1315	Spin Workout	Dave
1745 - 1810	Spin Workout	Paul
1815 - 1830	Beginners Spin Intro	Donna
1830 - 1900	Easy Spin	Donna

### FRIDAY

0630 - 0715	Spin Workout	Corinne
1210 - 1240	Spin Workout	Vicky C
1815 - 1900	Spin Workout	Sarah W

### SATURDAY

0900 - 0955	Ride & Core Fused Workout	Paul
1015 - 1100	Spin Workout	Stu

### SUNDAY

0915 - 1005	Ride & Core Fused Workout	Stu
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## Class Timetable

### MONDAY

0930 - 1015	Legs, Bums & Tums	Zoe
1230 - 1315	Vinyasa Flow	Dil
1730 - 1755	Interval Training	Zoe
1800 - 1840	Kettlebell Workout	Jack
1845 - 1915	Core Workout	Zoe
1920 - 2000	Aerobic Workout	Donna
2005 - 2050	Pilates Conditioning	Donna

### TUESDAY

0615 - 0700	Kettlebell Workout	Dani
0930 - 1015	Barbell Pump	Vicky C
1230 - 1315	Pilates Conditioning	Vicky C
1745 - 1825	Barbell Pump	Mat
1830 - 1855	Interval Training	Mat
1900 - 1940	Step Workout	Donna
1945 - 2045	Hatha Yoga Workout	Bree

### WEDNESDAY

0745 - 0830	Tai Chi Ⓢ	Imogen
0930 - 1015	Legs Bums & Tums	Sally
1015 - 1100	Pilates Conditioning	Sally
1210 - 1240	Core Workout	Vicky C
1245 - 1330	Vinyassa Flow Yoga	Jo
1730 - 1810	Clubbercise	Esme
1815 - 1905	Barbell Pump	Jack
1915 - 1955	Box Fit Circuits	Zoe
2000 - 2010	Beginners Pilates Intro	Lorraine
2010 - 2055	Pilates Conditioning	Lorraine

### THURSDAY

0700 - 0745	Sivananda Yoga	Fleur
1020 - 1100	Hatha Yoga	Corinne
1730 - 1810	Step Workout	Donna
1815 - 1840	Interval Training	Paul
1845 - 1925	Barbell Pump	Dani
1930 - 2015	Hatha Yoga	Donna

### FRIDAY

0915 - 1000	Body Conditioning	Vicky M
1245 - 1330	Core Workout	Vicky C
1730 - 1815	Circuits	Zoe
1830 - 1930	Children's Karate Ⓢ 07765 483 991	Hannah
1930 - 2100	Adult Karate Ⓢ 07799 151 362	Simon

### SATURDAY

0900 - 0955	Ride & Core Fused Workout	Paul
1000 - 1015	Box Fit Taster	Sarah D
1015 - 1100	Box Fit Circuits	Sarah D
1115 - 1200	Hatha Yoga	Jackie
1205 - 1300	Barbell Pump	Sally

### SUNDAY

0915 - 1005	Ride & Core Fused Workout	Stu
1015 - 1100	Circuits	Zoe
1115 - 1215	Hatha Flow Yoga	Nicola