



# workout

ASHTON

## Monday

### **Fitness Classes**

6.30am-7.00am Calorie Killer (Paris)  
 9.30am-10.10am LBT (Zoe H)  
 11.30am-12.15pm Pilates (Sarah)  
 5.25pm-6.00pm Tabata (Paul)  
 6.10pm-6.45pm Kettlebell X (Zoe H)  
 6.55pm-7.35pm Body Sculpt (Zoe H)  
 7.45pm-8.30pm Yoga (Hayley)

### **Group Cycling Classes**

6.30am-7.10am Charli  
 9.30am-10.10am Sarah W  
 12.30pm-1.10pm Dave  
 5.30pm-6pm Zoe H  
 6.20pm-7pm Paul

## Thursday

### **Fitness Classes**

6.30am-7.10am Kettlebell X (Vicky M)  
 9.30am-10.15am Body Conditioning (Vicky M)  
 10.30am-11.15am Yoga (Corinne)  
 12.30pm-1.10pm Kettlebell X (Luke)  
 5.30pm-6.00pm Calorie Killer (Paris)  
 6.15pm-6.55pm Body Sculpt (Sally)  
 7.10pm-7.45pm Pilates (Sally)

### **Group Cycling Classes**

9.30am-10.10am Corinne  
 12.30pm-1.10pm Vicky M  
 6pm-6.45pm Paul  
 7pm-7.40pm Stu

## Tuesday

### **Fitness Classes**

6.30am-7.15am Yoga (Corrine)  
 9.20am-10.00am Blitz (Vicky M)  
 12.30pm-1.10pm Kettlebell X (Luke)  
 6.00pm-6.45pm Body Sculpt (Natalie)  
 6.55pm-7.35pm BoxFit (Zoe H)  
 7.45pm-8.30pm Yoga (Lucyano)

### **Group Cycling Classes**

10.15am-10.55am Vicky M  
 6.05pm-6.45pm Stu  
 7.00pm-7.40pm Bekki

## Friday

### **Fitness Classes**

7.10am-7.50am Body Sculpt (Charli)  
 9.30am-10.10am Les Mills Body Pump (Sarah W)  
 5.30pm-6.15pm Oldskool Circuits (Zoe H)  
 6.30pm-7.30pm Kids Karate (Hannah) £4  
 7.30pm-9.00pm Karate (Simon) £4

### **Group Cycling Classes**

6.30am-7.10am Corrine  
 9.30am-10.10am Paul  
 12.30pm-1pm Sarah W  
 6pm-6.40pm Stu

## Wednesday

### **Fitness Classes**

6.30am-7.00am Body Sculpt (Bekki)  
 12.15pm-12.55pm LBT (Sally)  
 1.05pm-1.50pm Yoga (Jo D)  
 5.30pm-6.15pm LBT (Zoe H)  
 6.30pm-7.15pm Bootcamp-FXT (Zoe H)  
 7.30pm-8.10pm Pilates (Sarah Wilde)

### **Group Cycling Classes**

6.30am-7.10am Charli  
 9.30am-10.10am Zoe H  
 12.45pm-1.25pm Sarah W  
 6.15pm-6.55pm Paul  
 7.10pm-7.50pm Stu

## Saturday

### **Fitness Classes**

9.15am-10.15am Bootcamp-FXT (Luke)  
 10.30am-11.10am HIIT (Bekki)  
 11.45am-12.30pm Yoga (Jackie)

### **Group Cycling Classes**

9.15am-10.15am Paul  
 10.30am-11.10am Stu

## Sunday

### **Fitness Classes**

9.30am-10.10am Les Mills Body Pump (Sarah W)  
 11:45-12:30pm Yoga (Lucyano)

### **Group Cycling Classes**

10.30am-11.10am Sarah W

