

XERCISE4LESS GYMS

Xercise4less Newcastle - CLASS TIMETABLE

Jun-22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am til 12pm		06:30-07:00 Studio	Circuit Bradley		06:30-07:00 Studio	Circuit Bradley	08:15- 09:00 Studio	Body Pump Flo Marsh	10:15-10:45 Studio	Core Claire				
	09:30-10:15 Spin Studio	Spin Flo	09:30-10:15 Spin Studio	Spin Jane	09:30-10:15 Spin Studio	Spin Jane	09:30-10:15 Spin studio	Spin Jane Jane	09:15-10:00 Spin Studio	Spin Flo	11:00-11:45 Spin Studio	Spin Dale		
	10:30-11:15 Studio	Yoga Maxine	10:30-11:15 Studio	Body Pump Flo	10:30-11:15 Studio	Body Combat Sian	10:30-11:15 Studio	Yoga Maxine	10:30-11:15 Studio	LBT Jane	09:15-10:00 Studio	Body Combat Jo	11:00-11:45 Studio	Step Claire
											10:30-11:15 Studio	X4-FITT Laura D		
	10:30-11:00 Gym Floor	Induction Amy	10:30-11:00 Gym Floor	Induction Bradley	10:30-11:00 Gym Floor	Induction George	10:30-11:00 Gym Floor	Induction George	10:30-11:00 Gym Floor	Induction Laura D				
DAYTIME 12pm til 5pm	12:30-13:15 Studio	LBT Amy	12:30-13:15 Studio	LBT Amy	12:30-13:15 Studio	Bootcamp George	12:30-13:15 Studio	Bootcamp George			15:30-16.00 Gym Floor	Induction Laura D	15:30-16.00 Gym Floor	Induction George
	17:00-00-17:30 Functional Area	X4-FIT Adrian			17:00-17.30 Functional Area	X4-Fit Gav			17:00-17:30 Funtional Area	X4-Fit Laura				
EVENING 5pm til 10pm	17:30-18:00 Studio	Hiit Connor	17:30-18:00 Studio	Core Flo	17:30-18:00 Studio	Hiit Dale	17:15-18:00 Studio	Spin Flo	17:15-18:00 Studio	Hiit Dale				
	18:15-19:00 Spin Studio	Spin Connor	18:15-19:00 Spin Studio	Spin Claire	18:15-19:00 Spin Studio	Spin Dale	18:15-19:00 Spin Studio	Spin Flo	18:15-19:00 Spin Studio	Spin Dale				
	18:20-19:05 Studio	Body Combat Jo	19:15-20:00 Spin Studio	Spin Flo	18:15-19:00 Studio	Combat Martin	18:15-19:00 Studio	Zumba Alex	19:45-20:15 Gym Floor	Induction Laura				
	19:15-20:15 Studio	Step Claire	18:15-19:00 Studio	Body Pump Flo Marsh	19:15-20:00 Studio	Yoga Maxine	19:15-20:00 Studio	LBT Flo						
	19:15-19:45 Gym Floor	Induction Laura	19:15-20:00 Studio	Zumba Alex	19:15-19:45 Gym Floor	Induction Gav	19:15-19:45 Gym Floor	Induction AGM						
		19:15-19:45 Gym Floor	Induction Laura											

	CARDIO		MIND/BODY
	STRENGTH		DANCE
	INTERVAL		INDUCTION