

BETTER GYM TEDDINGTON

FITNESS CLASS TIMETABLE 6th - 9th August

Friday	Core Conditioning 6:30-7:00 Fitness Team	Group cycle 9:30 - 10:15 Carin	Pilates 11:00 - 12:00 Chris	Pilates 12:15 - 13:15 Chris	Core Conditioning 17:00 - 17:30 Fitness Team	Circuits 18:00 - 18:45 Fitness Team
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Saturday	Circuits 8:30 - 9:15 Fitness Team	Group cycle 9:45 - 10:30 Lara	Core Conditioning 10:30 - 11:00 Fitness Team	Iyengar Yoga 11:30 - 12:30 Amina	Power Pump 12:45 - 13:30 Fitness Team
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Sunday	Core Conditioning 8:30 - 9:00 Fitness Team	HIIT 9:15 - 9:45 Fitness Team	Circuits 10:00 - 10:45 Fitness Team	Pilates 11:30 - 12:30 Patrice
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Monday	Circuits 7:00 - 7:45 Fitness Team	Core Conditioning 10:00-10:30 Fitness Team	Pilates 11:00 - 12:00 Chris	Group cycle 12:15 - 13:00 Gabrielle	Core Conditioning 17:00 - 17:30 Fitness Team	Power Pump 18:00 - 18:45 Fitness Team	HIIT 19:00 - 19:30 Fitness Team	Group Cycle 19:00 - 19:45 Carin
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