

THE JOHNSTOWN ESTATE **LEISURE CLUB**

FITNESS CLASS TIMETABLE COMMENCING 20-09-2021

TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.10am	Spin (30 minutes)			Spin (30 minutes)	
9.30am	Spin & Abs (45 minutes)	Gym S+C (45 minutes)	BodyPump (45 minutes)		Body 360 (45 minutes)
10.30am	Aqua (45 minutes)	Fit Ball (45 minutes)	Spin & Abs (45 minutes)		B.L.T (45 minutes)
11.30am				Aqua (45 minutes)	
6.30pm	Body Pump (45 minutes)	Spin & Abs (45 minutes)	B.L.T. (45 minutes)	Spin & Abs (45 minutes)	
7.30pm	Aqua (45 minutes)	Step & Tone (45 minutes)	Body 360. (45 minutes)	Aqua (45 minutes)	Spin & Abs (45 minutes)

*No entry to class after the Start time.

*Classes do not go ahead unless we have a minimum of 3 people booked in 15 minutes prior to class start time.

*Class numbers are set at 12 Maximum.

*Water bottle and sweat towel are mandatory