



CLASS TIMETABLES SANDYFORD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 - 7:00am	Spin	Lower Body	ZUU	Upper Body	HIIT Cycle	9am-9:45am
						Spin
7:00 - 7:45am	Body Blitz	Core & Cardio	Body Blitz	Core & Cardio	Body Blitz	
7:00 - 7:45am			Probox			10am-11am
9:30 - 10:15am	Strength & Stretch	Yoga		Yoga		Yoga
12:45 - 1:15pm	Lower Body	Core & Cardio	Upper Body	Core & Cardio	Body Blitz	11am-12pm
12:45 - 1:15pm					Probox	Raw 60
1:15 - 1:45pm	Core & Cardio	Lower Body	Core & Cardio	Upper Body	Spin	
5:30 - 6:15pm	Body Blitz	Upper Body	Core & Cardio	Lower Body	HIIT Cycle	
						SUNDAY
6:15 - 7:00pm		Probox		Probox		11am-12pm
						Raw 60
6:30 - 7:15pm	HIIT Cycle	Spin	Body Blitz	Spin	Body Blitz	
7:00 - 8:00pm			Yoga			