



NorthGailes



Monday		Body Pump @ 9.30-10.30	Spinning @ 10.30-11.15	Body Balance @ 5.30—6.15	Step @ 6.15—7.00	Body Pump @ 7.00—8.00	Boot Camp @ 8.00-9.00	Yoga @ 6.30-7.45
Tuesday	Spinning @ 6.45 – 7.15	Aerobics 9.30 - 10.15 9.30-10.30 Jog club	Yoga @ 10.30 – 11.45	Spinning @ 5.30—6.15	Boxing @ 6.20—7.20	Body Attack @ 7.30—8.30		
Wednesday		Body Attack @ 9.30—10.15	Callanetics @ 10.30-11.30	TRX @ 5.30-6.15	Running Club @ 6.30—7.30	Body Pump @ 6.15—7.15	Spinning @ 7.15—8.00	Body Balance @ 8.00—9.00
Thursday	Spinning @ 6.45—7.15	LBT 9.30 - 10.15 9.30-10.30 Jog club	Body Balance @ 10.15—11.00	Abs @ 5.45—6.00	Body Combat @ 6.00—7.00	Body Attack @ 7.00—8.00	Pilates @ 8.00—9.00	
Friday		Body Pump @ 9.30—10.15	Spinning @ 10.30-11.15	Spinning @ 5.15-6.00				
Saturday	Yoga @ 9.00-10.15	Spinning @ 9.15-10.15	Body Combat @ 10.20-11.20					
Sunday			Boxing @ 10.15-11.15					<b>POLAR</b> LISTEN TO YOUR BODY