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| --- | --- | --- | --- | --- | --- | --- |
| ***MONDAY*** | ***TUESDAY*** | ***WEDNESDAY*** | ***THURSDAY*** | ***FRIDAY*** | ***SATURDAY*** | ***SUNDAY*** |
| **09.30-10.15**  **Circuit**  **Training** | **09.30-10.15**  **Cross Bike**  **Circuits** | **09.30-10.15**  **Circuit**  **Training** | **09.30-10.15**  **Cross Bike** | **09.30-10.15**  **Circuit Training** | **10.00-11.30**  **Mini PT Sessions** | **10.00-10:45**  **Fitness Club** |
| **10.30-11.15**  **Fitball** | **10.30-11.15**  **Core & Stretch** | **10.30-11.15**  **Yoga** | **10.30-11.15**  **Boxercise** | **10.30-11.15**  **Fitball** | **Ab Blast**  **11:00 – 11:30** | **10:45 – 11:30**  **Core & Stretch** |
| **11.30-12.15**  **Aqua Aerobics** |  | **17.30-18.15**  **Aqua Aerobics** | **11:15-12.00**  **Core & Stretch** | **11:15 – 12:00**  **Ladies Circuits** |  | **10:45 – 11:30**  **Core & Stretch** |
| **12:00-12:45**  **Pilates** |  | **17.30-18.15**  **Aqua Aerobics** |  |  |  |  |
|  | **17.30-18.15**  **Aqua Aerobics** | **18.30-19:30**  **Power Hour** | **17.30-18.15**  **Aqua Aerobics** |  | **16:15 – 17:00**  **Body Blitz** |  |
| **18.15-19.00**  **Cross Bike** | **18.15-19:00**  **Boxercise** | **18:15 – 19:15**  **Cross Bike** | **18:15-19.15**  **Power Hour** |  |  |  |
| **19:00 – 19:45**  **Core & Stretch** | **19:00 – 19:45**  **Body Blitz** | **19.30-20.15**  **Yoga** |  |  |  |  |

**ALEXANDER PARK CLASS TIMETABLE FROM 1st October 2017   
Class Instructors**

**Jonty Williams**

**Rob Purdie**

**Jason Hartas**

**Sam Dudley**

**Ian Lloyd (Yoga)**

**Meriel Tibbetts (Pilates)**