

CLASS TIMETABLE

WINDERMERE - AS OF JULY 2021

MON	TUES	WED	THURS	FRI	SAT	SUN
SPIN 07.00-07.30 SPIN 17.30-18.00 KETTLEBELL HIIT 18.00-18:45 AB ATTACK 18.45-19.05	BOOTCAMP 07.00-07.40 LEGS, BUMS & TUMS 09.30-10.15 BEGINNERS YOGA 10.30-11.15 HIIT 17.30-18.00 SPIN 45 18.15-19.00	SPIN 07.00-07.30 KETTLEBELL HIIT 17.30-18.00 PUMP 18.00-18:45	PILATES 09.30-10.15 AQUA AEROBICS 10.30-11.15 SPIN 17.30-18.00 POUND 18.00-18.45 BEGINNERS YOGA 18.45-19.30	SPIN 07.00-07.30 TABATA 09.30-10.15		SPIN 10.00-10.30 BOOTCAMP 10.30-11.15

VIRTUAL TIMETABLE

WINDERMERE

Virtual Spin times

Monday	14.00 - 15.00
Tuesday	14.00 - 15.00
Wednesday	14.00 - 15.00
Thursday	14.00 - 15.00
Friday	14.00 - 15.00 & 17.30 - 18.15
Saturday	10.00 - 10.45 & 14.00 - 15.00
Sunday	10.00 - 10.45 & 14.00 - 15.00

Please use Clubright app to book your regular and virtual classes.
 Scan the QR code to access your our club portal.
 All classes require a minimum of 3 people, subject to numbers classes may be cancelled.



WE ARE CHOICES

CARDIO
STRENGTH / TONE
MIND / BODY
SWIM

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