

Classes at Sittingbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Keiser Cycling 7.00-7.45 Studio 3	Active 50+ 9.00-10.00 Studio 1	Keiser Cycling 7.00-7.45 Studio 3	Active 50+ 9:00-10:00 Studio 1	Keiser Cycling 7:00-7:45 Studio 3	Body Combat 9:00-10:00 Studio 1	Keiser Cycling 9.15-10:00 Studio 3
Pilates 50+ 9.00-10.00 Studio 1	Keiser Cycling 9.15-10.00 Studio 3	Pilates 50+ 9.00-10.00 Studio 1	Keiser Cycling 9.30-10.15 Studio 3	Pilates 50+ 9.00-10.00 Studio 1	Body Pump 10:00-11:00 Studio 1	Body Balance 10:00-11:00 Studio 1
Body Pump 10.00-11.00 Studio 1	Body Combat 10.00-11.00 Studio 1	Tums & Bums 10.00-11.00 Studio 1	Zumba 10.15-11.15 Studio 1	Keiser Cycling 9.15-10.00 Studio 3	Keiser Cycling 10:00-10:45 Studio 3	Aqua 11:15-12:00 Pool
Shape Up 13.00-14.00 Pool	Yoga 11.00-12.00 Studio 1	Shape Up 13.00-14.00 Gym	Keiser Cycling 18.00-18.45 Studio 3	Body Pump 10.00-11.00 Studio 1		
Tums & Bums 18.00-19.00 Studio 1	Aqua 12.30-13.15 Pool	Keiser Cycling 18.00-18.45 Studio 3	Step 18.00-19.00 Studio 1	Aqua 10.15-11.00 Pool		
Keiser Cycling 18.00-18.45 Studio 3	Keiser Cycling 18.00-18.45 Studio 3	Zumba 18.00-19.00 Studio 1	Pilates 19.00-20.00 Studio 2	Body Balance 11.00 - 12.00 Studio 1		
Core Ball 18.30-19.00 Studio 2	Body Balance 18.00-19.00 Studio 1	Core Ball 18.30-19.00 Studio 2	Body Pump 19.00-20.00 Studio 1	Shape Up 13.00-14.00 Studio 1		
Yoga 19.00-20.00 Studio 1	Body Pump 19.00-20.00 Studio 1	Tums & Bums 19.00-20.00 Studio 1	Body Combat 20.00-21.00 Studio 1	Keiser Cycling 18.00-18.45 Studio 3		
Keiser Cycling 19.30-20.15 Studio 3	Core Stability 19.00-19.30 Studio 2	Keiser Cycling 19.00-19.45 Studio 3	Pilates 20.00-21.00 Studio 2	Circuits 19.00-20.00 Studio 1		
Intro to ViPR 20.00-20.45 Studio 1	Keiser Cycling 19:30-20:15 Studio 3	Body Balance 20.00-21.00 Studio 1				
Aqua 20.15-21.00 Pool	Body Combat 20.00-21.00 Studio 1	Aqua 20.15-21.00 Pool				



Sittingbourne

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