

Group Exercise Programme January/February 2012

Reebok
SPORTS CLUB



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Introducing ZUMBA TONING and TRX CIRCUIT



Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday													
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio	Time	Class	Instructor	Studio	Time	Class	Instructor	Studio	Time	Class	Instructor	Studio	Time	Class	Instructor	Studio	Time	Class	Instructor	Studio	Time	Class	Instructor	Studio						
07.15-08.00	REEBOK REPS	KELLY	C	06.30-07.15	INDOOR CYCLE	KELLY	A	06.30-07.15	FIGHT KLUB	NADIR	C	06.45-07.25	AQUA CARDIO MAX	MARIA	P	07.15-08.00	INDOOR CYCLE	MARIE J	A	10.30-11.15	AQUA	MARK F	P	07.15-08.00	INDOOR CYCLE	MARIE J	A	10.30-11.15	HI-LO AEROBICS	LEANNE	C						
07.30-08.15	INDOOR CYCLE	KATY	A	06.45-07.30	AQUA FREESTYLE	MARIE J	P	07.00-07.45	ZUMBA T	FAYE	B	07.30-08.15	CIRCUIT TRAINING	DEBBIE	C	07.25-08.10	FIGHT KLUB	STEVEN	C	11.20-12.05	FIGHT KLUB	MARK F	C	12.00-13.00	BOXING	STEVEN	Boxing Zone	11.20-12.05	FIGHT KLUB	MARK F	C						
07.30-08.30	YOGA ENERGY	DAVID	F	07.20-08.05	EXPRESS PILATES	KELLY	F	07.20-08.10	INDOOR CYCLE	KATY	A	07.20-08.05	INDOOR CYCLE	EMILY	A	12.00-13.00	BOXING	STEVEN	Boxing Zone	11.30-12.15	SPORTS CIRCUIT	LEANNE	Sports Hall	NEW CLASS 1	12.00-13.00	INTRO2PILATES	VERONIQUE	F	11.30-12.15	SPORTS CIRCUIT	LEANNE	Sports Hall					
12.00-12.45	ZUMBA T	FAYE	B	07.30-08.10	CIRCUIT TRAINING	DEBBIE	C	07.20-08.05	REEBOK REPS	NADIR	C	11.50-12.30	FIGHT KLUB	STEVEN	C	12.05-12.50	REEBOK REPS	DAIRINA	C	12.10-12.50	VIPR BLAST	Fitness Gym Coach Floor	12.10-12.50	REEBOK REPS	DAIRINA	C	12.05-12.50	REEBOK REPS	DAIRINA	C	12.15-12.30	VIPR BLAST	Fitness Gym Coach Floor				
12.00-13.00	PILATES	LEON	F	12.00-12.15	VIPR BLAST	Fitness Gym Coach Floor	12.15-12.30	VIPR BLAST	Fitness Gym Coach Floor	12.15-12.55	AQUA	MARIA	P	12.00-12.15	GENERAL ABS	Fitness Gym Coach Floor	12.10-12.55	INDOOR CYCLE	DAIRINA	A	12.10-12.55	INDOOR CYCLE	MARK F	A	12.10-12.55	INDOOR CYCLE	MARK F	A	12.10-13.00	POWER WALKING	Fitness Gym Coach Floor						
NEW CLASS 1	12.10-12.50	NEW YEAR NEW REAR	KELLY	12.00-13.00	YOGA VINYASA	SHARON	B	12.10-12.55	REEBOK REPS T	KELLY	C	12.00-12.45	INDOOR CYCLE	DAIRINA	A	12.00-13.15	GENERAL ABS	Fitness Gym Coach Floor	12.10-12.50	NEW YEAR NEW REAR	MAGDA	B	12.10-12.50	NEW YEAR NEW REAR	MAGDA	B	13.00-13.15	GENERAL ABS	Fitness Gym Coach Floor	12.10-12.50	NEW YEAR NEW REAR	MAGDA	B				
12.10-12.55	INDOOR CYCLE	MARK F	A	12.05-12.50	INDOOR CYCLE	EMILY	A	12.30-13.00	EXPRESS PILATES	LISA S	F	12.00-13.00	YOGA HATHA	SALLY	F	12.10-12.55	SWEAT TO YOUR CORE T	KELLY	B	13.00-13.15	X-TRAINING BEGINNER B	MARK F	A	13.00-13.15	GENERAL ABS	MARK F	A	13.00-13.15	GENERAL ABS	MARK F	A	13.00-13.15	GENERAL ABS	MARK F	A		
NEW CLASS 1	12.30-13.00	TRX CIRCUIT B	Fitness Gym Coach Zone	12.15-12.55	PREGNANCY FITNESS	LENKA	F	12.30-13.15	INDOOR CYCLE	STEVEN	A	12.10-12.55	YOGA HATHA	SALLY	F	12.15-12.30	ABS OF STEEL	Fitness Gym Coach Floor	13.00-13.30	Y-TRAINING BEGINNER B	MARK F	A	13.00-13.30	YOGA	VERONIQUE	F	13.00-13.15	GENERAL ABS	MARK F	A	13.00-13.30	YOGA	VERONIQUE	F			
12.50-13.35	REEBOK REPS T	DAIRINA	B	12.15-13.00	HULA-CORE	JEANNIE	C	13.00-13.15	GENERAL ABS	Fitness Gym Coach Floor	13.00-13.15	GENERAL ABS	Fitness Gym Coach Floor	12.15-12.30	ABS OF STEEL	Fitness Gym Coach Floor	13.00-13.30	EXPRESS PILATES	LISA S	F	13.00-14.00	X-TRAINING INTERMEDIATE B	MARK F	A	13.10-13.55	ZUMBA T	FAYE	C	13.00-13.30	EXPRESS PILATES	LISA S	F					
13.00-13.15	GENERAL ABS	Fitness Gym Coach Floor	12.15-13.00	BOXING	STEVEN	Boxing Zone	12.45-13.00	ABS OF STEEL	Fitness Gym Coach Floor	13.00-14.00	KICKBOXING	LIZZIE	Boxing Zone	12.30-13.30	BOXING	STEVEN	Boxing Zone	13.00-13.30	EXPRESS PILATES	LISA S	F	13.10-13.55	ZUMBA T	FAYE	C	13.15-13.30	VIPR BLAST	Fitness Gym Coach Floor	13.00-14.00	EXPRESS PILATES	LISA S	F					
13.00-14.00	YOGA DYNAMIC	LEON	F	13.00-13.45	ZUMBA T	MARCO	C	13.00-14.00	FREESTYLE FITNESS YOGA	MAGDA/ KELLY	B	13.00-14.00	FREESTYLE FITNESS YOGA	MAGDA/ KELLY	B	13.00-13.45	ZUMBA T	MARCO	C	13.00-14.00	YOGA ANTE NATAL	SALLY	F	13.30-13.45	VIPR BLAST	Fitness Gym Coach Floor	13.30-13.45	VIPR BLAST	Fitness Gym Coach Floor	13.00-14.00	EXPRESS PILATES	LISA S	F				
13.05-13.45	AQUA	MAGDA	P	13.00-14.00	DYNAMIC PILATES	SHARON	B	13.05-13.50	STEP & TONE	JURGITA	C	13.05-13.50	STEP & TONE	JURGITA	C	13.05-13.45	AQUA	MAGDA	P	13.05-13.45	AQUA	MAGDA	P	13.05-13.45	AQUA	MAGDA	P	13.05-13.45	AQUA	MAGDA	P	13.05-13.45	AQUA	MAGDA	P		
13.10-13.55	INDOOR CYCLE	KELLY	A	13.05-13.50	INDOOR CYCLE	EMILY	A	13.15-13.30	ABS OF STEEL	Fitness Gym Coach Floor	13.15-13.30	ABS OF STEEL	Fitness Gym Coach Floor	13.10-13.55	INDOOR CYCLE	KELLY	A	13.10-13.55	INDOOR CYCLE	KELLY	A	13.10-13.55	INDOOR CYCLE	KELLY	A	13.10-13.55	INDOOR CYCLE	KELLY	A	13.10-13.55	INDOOR CYCLE	KELLY	A	13.10-13.55	INDOOR CYCLE	KELLY	A
13.15-14.00	FIGHT KLUB	MARK F	C	17.30-18.00	X-TRAINING BEGINNER B	MARK F	Gym Floor	13.15-13.30	ABS OF STEEL	Fitness Gym Coach Floor	17.30-17.45	GENERAL ABS	Fitness Gym Coach Floor	13.15-14.00	FIGHT KLUB	MARK F	C	13.15-14.00	FIGHT KLUB	MARK F	C	13.15-14.00	FIGHT KLUB	MARK F	C	13.15-14.00	FIGHT KLUB	MARK F	C	13.15-14.00	FIGHT KLUB	MARK F	C	13.15-14.00	FIGHT KLUB	MARK F	C
13.15-13.30	ABS OF STEEL	Fitness Gym Coach Floor	17.30-18.15	REEBOK REPS	JOHN/EMILY	B	17.30-18.15	REEBOK REPS	JOHN/EMILY	B	17.30-18.15	REEBOK REPS	JOHN/EMILY	B	13.15-14.00	ABS OF STEEL	Fitness Gym Coach Floor	17.30-18.15	REEBOK REPS	JOHN/EMILY	B	17.30-18.15	REEBOK REPS	JOHN/EMILY	B	13.15-14.00	ABS OF STEEL	Fitness Gym Coach Floor	17.30-18.15	REEBOK REPS	JOHN/EMILY	B	17.30-18.15	REEBOK REPS	JOHN/EMILY	B	
17.20-18.00	JUKARI Fit to Fly™ T	MAGDA	B	17.30-18.15	START2STEP	LORNA	C	17.30-18.30	PILATES	SHARON	F	17.30-18.30	PILATES	SHARON	F	17.30-18.15	START2STEP	LORNA	C	17.30-18.30	PILATES	SHARON	F	17.30-18.30	PILATES	SHARON	F	17.30-18.15	START2STEP	LORNA	C	17.30-18.30	PILATES	SHARON	F		
18.00-19.00	INTRO2PILATES T	MARIE J	F	17.35-18.20	INDOOR CYCLE	GREG	A	17.45-18.30	INDOOR CYCLE	MARIE J	A	17.45-18.30	INDOOR CYCLE	MARIE J	A	17.35-18.20	INDOOR CYCLE	GREG	A	17.35-18.20	INDOOR CYCLE	GREG	A	17.35-18.20	INDOOR CYCLE	GREG	A	17.35-18.20	INDOOR CYCLE	GREG	A	17.35-18.20	INDOOR CYCLE	GREG	A		
18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor	18.00-18.15	GENERAL ABS	Fitness Gym Coach Floor		
18.00-19.00	FIGHT KLUB T	TANYA	C	18.00-18.15	X-TRAINING INTERMEDIATE B	MARK F	Gym Floor	18.00-19.00	MMA	JUSTIN	Boxing Zone	18.00-19.00	MMA	JUSTIN	Boxing Zone	18.00-19.00	MMA	JUSTIN	Boxing Zone	18.00-19.00	MMA	JUSTIN	Boxing Zone	18.00-19.00	MMA	JUSTIN	Boxing Zone	18.00-19.00	MMA	JUSTIN	Boxing Zone	18.00-19.00	MMA	JUSTIN	Boxing Zone		
18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor	18.15-19.00	SUPER SCULPT	LORNA	C	18.15-19.00	SUPER SCULPT	LORNA	C	18.15-19.00	SUPER SCULPT	LORNA	C	18.15-19.00	SUPER SCULPT	LORNA	C	18.15-19.00	SUPER SCULPT	LORNA	C	18.15-19.00	SUPER SCULPT	LORNA	C	18.15-19.00	SUPER SCULPT	LORNA	C	18.15-19.00	SUPER SCULPT	LORNA	C			
18.15-19.15	INDOOR CYCLE	ANDREW	A	18.15-19.00	ABS OF STEEL	Fitness Gym Coach Floor	18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor	18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor	18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor	18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor	18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor	18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor	18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor	18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor	18.15-18.30	ABS OF STEEL	Fitness Gym Coach Floor				
18.15-19.00	INTERVAL CIRCUIT	MAGDA	B	18.20-19.35	YOGA ASHTANGA	EMILY	B	18.20-19.35	YOGA ASHTANGA	EMILY	B	18.20-19.35	YOGA ASHTANGA	EMILY	B	18.20-19.35	YOGA ASHTANGA	EMILY	B	18.20-19.35	YOGA ASHTANGA	EMILY	B	18.20-19.35	YOGA ASHTANGA	EMILY	B	18.20-19.35	YOGA ASHTANGA	EMILY	B	18.20-19.35	YOGA ASHTANGA	EMILY	B		
19.00-20.00	BALLET FIT	HOLLY	F	18.30-19.30	INDOOR CYCLE	JOHN	A	18.30-19.30	INDOOR CYCLE	JOHN	A	18.30-19.30	INDOOR CYCLE	JOHN	A	18.30-19.30	INDOOR CYCLE	JOHN	A	18.30-19.30	INDOOR CYCLE	JOHN	A	18.30-19.30	INDOOR CYCLE	JOHN	A	18.30-19.30	INDOOR CYCLE	JOHN	A	18.30-19.30	INDOOR CYCLE	JOHN	A		
19.00-19.15	GENERAL ABS	Fitness Gym Coach Floor	18.40-19.25	RUNNING CIRCUIT T	MARK F	Sports Hall	18.40-19.25	RUNNING CIRCUIT T	MARK F	Sports Hall	18.40-19.25	RUNNING CIRCUIT T	MARK F	Sports Hall	18.40-19.25	RUNNING CIRCUIT T	MARK F	Sports Hall	18.40-19.25	RUNNING CIRCUIT T	MARK F	Sports Hall	18.40-19.25	RUNNING CIRCUIT T	MARK F	Sports Hall	18.40-19.25	RUNNING CIRCUIT T	MARK F	Sports Hall	18.40-19.25	RUNNING CIRCUIT T	MARK F	Sports Hall			
19.00-20.15	YOGA POWER	DAVID	B	19.05-19.50	STEP INTERMEDIATE	LEANNE	C	19.05-19.50	STEP INTERMEDIATE	LEANNE	C	19.05-19.50	STEP INTERMEDIATE	LEANNE	C	19.05-19.50	STEP INTERMEDIATE	LEANNE	C	19.05-19.50	STEP INTERMEDIATE	LEANNE	C	19.05-19.50	STEP INTERMEDIATE	LEANNE	C	19.05-19.50	STEP INTERMEDIATE	LEANNE	C	19.05-19.50	STEP INTERMEDIATE	LEANNE	C		
19.05-19.50	REEBOK REPS	TANYA	C	19.05-20.00	PILATES	LORNA	F	19.05-20.00	PILATES	LORNA	F	19.05-20.00	PILATES	LORNA	F	19.05-20.00	PILATES	LORNA	F	19.05-20.00	PILATES	LORNA	F	19.05-20.00	PILATES	LORNA	F	19.05-20.00	PILATES	LORNA	F	19.05-20.00	PILATES	LORNA	F		
19.15-19.30	ABS OF STEEL	Fitness Gym Coach Floor	19.40-20.25	THE ULTIMATE CORE WORKOUT	JOHN	B	19.40-20.25	THE ULTIMATE CORE WORKOUT	JOHN	B	19.40-20.25	THE ULTIMATE CORE WORKOUT	JOHN	B	19.40-20.25	THE ULTIMATE CORE WORKOUT	JOHN	B	19.40-20.25	THE ULTIMATE CORE WORKOUT	JOHN	B	19.40-20.25	THE ULTIMATE CORE WORKOUT	JOHN	B	19.40-20.25	THE ULTIMATE CORE WORKOUT	JOHN	B	19.40-20.25	THE ULTIMATE CORE WORKOUT	JOHN	B			
19.30-20.15	INDOOR CYCLE	CATHERINE	A	20.00-21.00	YOGA HOLISTIC	EMILY	F	20.00-21.00	YOGA HOLISTIC	EMILY	F	20.00-21.00	YOGA HOLISTIC	EMILY	F	20.00-21.00	YOGA HOLISTIC	EMILY	F	20.00-21.00	YOGA HOLISTIC	EMILY	F	20.00-21.00	YOGA HOLISTIC	EMILY	F	20.00-21.00	YOGA HOLISTIC	EMILY	F	20.00-21.00	YOGA HOLISTIC	EMILY	F		
				20.00-21.00	ADVANCED TRIATHLON SWIM T	BARTEK	P	20.00-21.00	ADVANCED TRIATHLON SWIM T	BARTEK	P	20.00-21.00	ADVANCED TRIATHLON SWIM T	BARTEK	P	20.00-21.00	ADVANCED TRIATHLON SWIM T	BARTEK	P	20.00-21.00	ADVANCED TRIATHLON SWIM T	BARTEK	P	20.00-21.00	ADVANCED TRIATHLON SWIM T	BARTEK	P	20.00-21.00	ADVANCED TRIATHLON SWIM T	BARTEK	P	20.00-21.00	ADVANCED TRIATHLON SWIM T	BARTEK	P		
				20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor	20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor	20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor	20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor	20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor	20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor	20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor	20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor	20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor	20.15-20.30	ABS OF STEEL	Fitness Gym Coach Floor				

Events

INSANITY with Troy Dureh
Every Friday in January, 13.00-13.45, Studio B.
January is the 'insanity month' where we help you get back on track with this challenging conditioning programme, that delivers amazing results in record time.
Get lean, get strong, get fit! No booking necessary.