

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	time and location	class name	time and location	class name	time and location	class name	time and location	class name	time and location	class name	time and location	class name	time and location	class name	
Morning	6:30-7:00 Main Studio	HIIT Gym Staff	6:30-7:00 Main Studio	Circuit Gym Staff	6:30-7:00 Main Studio	LBT Gym staff	6:30-7:00 Main Studio	HIIT Gym Staff			9:00-9:45 Spin Studio	Spin Sarah	09:00 - 09:45 Spin Studio	Spin Lee	
	7:10-7.40 Main Studio	LBT Gym Staff	7:10-7:40 Main Studio	Abs Blast gym staff	7.10-7.40 Main Studio	HIIT Gym Staff	7.10-7.40 Main Studio	Abs Blast Gym staff			10:00-10.45 Main Studio	Cardio Combat Sarah	10.00-10.45 Main Studio	Barbell Blast Lee	
	9.30-10.00 Main Studio	Boot camp Gym staff	9:30-10:00 Spin Studio	Spin Gym Staff	9.30-10.00 Main Studio	HIIT Gym Staff	9:30-10:00 Main Studio	Boot camp Gym staff			11:45-12:30 Main Studio	Zumba Craig			
DAYTIME	12.00-12.30 Main Studio	Circuit Gym Staff	12.00-12.30 Main Studio	HIIT Gym staff	12.00-12.30 Main Studio	Circuit Gym Staff	12.00-12.30 Main Studio	HIIT Gym staff	12.00-12.30 Main Studio	LBT Gym staff					
	12.45-13.15 Main Studio	Abs Blast Gym staff	12.45-13.15 Main Studio	Stretch Gym staff	12.45-13.15 Main Studio	LBT Gym Staff	12.45-13.15 Main Studio	Booty Builder Gym Staff	12.45-13.15 Main Studio	Stretch Gym staff					
EVENING	17:15 -18:00 Main Studio	Zumba Craig	17:30 - 18:15 Spin Studio	Spin Dave	17:15 -18:00 Main Studio	Zumba Craig	18:00-18:45 Spin Studio	Spin Zoe	18:00-18:30 Main Studio	Circuit Gym Staff					
	18:15 -19:00 Main Studio	Total Body Workout Emma	18:20 - 19.05 Main Studio	Cardio Combat Lee	18:10-18.55 Main Studio	Total Body Workout Zoe	18:00-18:45 Main Studio	Cardio Combat Lee							
	19:10-20:10 Main Studio	Yoga Fran	19.15-20.00 Main Studio	Barbell Blast Lee	19:00-19:45 Spin Studio	Spin Gym Staff	19:00-19:45 Main Studio	Barbell Blast Lee							
	19:15 - 20.00 Spin Studio	Spin Spencer			19:00-20:00 Main Studio	Yoga Fran	20:00-21:00 Main Studio	Pilates Emma							

Cardio
Interval
Strength
Mind / Body
Combat
Dance

ALL CLASSES CAN BE BOOKED THROUGH THE PUMP GYMS APP, AND CAN BE BOOKED UP TO 6 DAYS IN ADVANCE.
 FAILURE TO ATTEND CLASSES YOU HAVE BOOKED MAY RESULT IN BOOKING PRIVILEGES BEING REVOKED.
 OUTSIDE OF THESE TIMES VIRTUAL CLASSES ARE AVAILABLE IN BOTH STUDIOS
 THIS TIMETABLE MAY BE SUBJECT TO CHANGE.