

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0645-0730	BodyBalance	Serena	Studio
0645-0715	Sprint	Dave	Spin Studio
0645-0730	Bootcamp	Jordan	Tennis Courts
08.15-08.45	CXWorx	Virtual	Studio
0930-1015	BodyCombat	Annette	Studio
0930-1030	AquaFit	Sophie	Pool
1030-1130	Yoga	Steph	Studio
1145-1215	Sh'Bam	Virtual	Studio
1300-1330	Circuits	Jordan	Studio
1545-1615	BodyBalance	Virtual	Studio
1730-1800	GRIT Cardio	Karl	Studio
1800-1850	RPM	Dave	Spin Studio
1810-1855	BodyStep Athletic	Karl	Studio
1905-1950	BodyPump	Mike	Studio
2000-2100	Yoga	Steph	Studio

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0645-0715	CXWorx	Serena	Studio
0645-0730	Bootcamp	Sean	Tennis Courts
0815-0845	BodyPump	Virtual	Studio
0915-1005	RPM	Serena	Spin Studio
0930-1015	BodyVive 3.1	Zoe	Studio
1030-1115	Sh'Bam	Virtual	Studio
1130-1200	CXWorx	Virtual	Studio
1300-1330	GRIT Plyo	Zoe	Studio
1430-1530	BodyCombat	Virtual	Studio
1545-1615	Sh'Bam	Virtual	Studio
1700-1745	BodyPump	Serena	Studio
1755-1840	BodyAttack	Nick	Studio
1800-1900	Spinning (Indoor cycling)	Mark	Spin Studio
1850-1920	BodyCombat	Annette	Studio
1930-2000	CXWorx	Mike	Studio

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0645-0735	RPM	Serena	Spin Studio
0645-0715	BodyAttack	Zoe	Studio
0645-0730	Bootcamp	Luc	Tennis Courts
0815-0845	BodyBalance	Virtual	Studio
0915-0945	BodyAttack	Dave	Studio
0930-1030	AquaFit	Sophie	Pool
0955-1025	CXWorx	Dave	Studio
1045-1130	Sh'bam	Virtual	Studio
1145-1215	BodyPump	Virtual	Studio
1300-1330	Sprint	Dave	Spin Studio
1315-1345	GRIT Strength	Zoe	Studio
1545-1645	BodyPump	Virtual	Studio
1730-1800	GRIT Plyo	Karl	Studio
1810-1855	BodyPump	Dave	Studio
1905-1935	Sprint	Dave	Spin Studio
1905-1950	BodyVive 3.1	Steph	Studio
2000-2100	Yoga	Polly	Studio

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0645-0730	Sunrise Yoga	Steph	Studio
0645-0730	Bootcamp	Rob	Tennis
0815-0850	Sh'bam	Virtual	Studio
0915-1015	BodyPump	Serena	Studio
1030-1130	BodyBalance	Serena	Studio
1145-1215	CXWorx	Virtual	Studio
1300-1330	GRIT Cardio	Zoe	Studio
1415-1515	BodyCombat	Virtual	Studio
1530-1600	BodyPump	Virtual	Studio
1615-1645	BodyBalance	Virtual	Studio
1730-1815	BodyStep	Liz	Studio
1825-1910	BodyAttack	Zoe	Studio
1800-1900	Spinning (Indoor cycling)	Mark	Spin Studio
1920-2005	BodyPump	Nick	Studio
2015-2115	Yin Yoga	Polly	Studio

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0645-0735	RPM	Serena	Spin Studio
0645-0715	BodyPump	Mike	Studio
0815-0845	BodyCombat	Virtual	Studio
0930-1020	RPM	Dave	Spin Studio
0915-1015	BodyBalance	Annette	Studio
1200-1230	BodyPump	Virtual	Studio
1300-1330	CXWorx	Dave	Studio
1415-1445	BodyBalance	Virtual	Studio
1500-1545	Sh'Bam	Virtual	Studio
1600-1630	CXWorx	Virtual	Studio
1730-1800	Sprint	Dave	Spin Studio
1800-1830	GRIT Strength	Glen	Studio
1845-1930	Sh'Bam	Virtual	Studio

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0810-0910	BodyAttack	Zoe	Studio
0830-0930	RPM	Dave	Spin Studio
0900-1000	AquaFit	Sophie	Pool
0920-1005	BodyStep	Annette	Studio
1015-1045	BodyVive 3.1	Zoe	Studio
1100-1200	BodyPump	Dave	Studio
1210-1310	BodyBalance	Steph	Studio
1400-1430	CXWorx	Virtual	Studio
1445-1530	Sh'Bam	Virtual	Studio
1630-1730	BodyPump	Nick	Studio

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0815-0845	GRIT Strength	Karl	Studio
0855-0940	BodyAttack	Karl	Studio
0950-1050	BodyPump	Mike	Studio
1100-1130	CXWorx	Serena	Studio
1140-1210	GRIT Plyo	Glen	Studio
1300-1400	BodyCombat	Virtual	Studio
1415-1445	BodyPump	Virtual	Studio
1500-1530	Sh'Bam	Virtual	Studio
1545-1645	BodyBalance	Virtual	Studio

CLASS ETIQUETTE

- Please wear suitable footwear and clothing and bring a water bottle and towel.
- Please advise the instructor if you have not done the class before.
- Please arrive at least 10 minutes prior to the class as admittance will be denied once the class has commenced.
- On arrival please advise the instructor of any pregnancy, medical conditions or injuries.
- A cancellation fee of £5 will be charged for non notification of cancellations.
- All belongings to be left in the changing rooms.
- Mobile phones are not permitted in the studio unless agreed prior to the class with the instructor.

BOOKING INFORMATION

- Non-members can attend for a cost of £15 per class.
- Classes can be booked up to 7 days in advance for members and 5 days for non-members.

For more information, telephone

01481 723366

or email info@kings.gg

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