

Poynton Fitness Timetable

From 17/10/2018

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|-----------------------------|------------------------------------|--|-----------------------------|-----------------------------|-----------------------------|--------|
| 6:15am - 7:00am | Group Fitness Training | Body Transformation session | Group Fitness Training | Warrior Booty | Group Fitness Training | | |
| 6:15am - 7:00am | Body Transformation session | | Body Transformation session | | Body Transformation session | | |
| 7:00am - 7:45am | | Body Transformation session | | | | | |
| 9:00am - 10:00am | | | | | | Body Transformation session | |
| 9:30am - 10:15am | Group Fitness Training | SheRocks | Group Fitness Training | Body Transformation session | Group Fitness Training | | |
| 10:00 - 10:45am | | | | | | Group Fitness Training | |
| 17:00 - 19:00 | Body Transformation session | | | PiYo | | | |
| 16:15 - 17:00 | | | Kids boxing circuits | | | | |
| 17:45 - 18:30 | Group Fitness Training | | Group Fitness Training | Body Transformation session | Group Fitness Training | | |
| 18:00 - 18:45 | | | | Spin & Strength | | | |
| 18:30 - 19:15 | Group Fitness Training | Mixed Boxing Circuits | Group Fitness Training Pilates room 2 | | Group Fitness Training | | |
| 19:00 - 19:45 | | Spin & Strength | | | | | |
| 19:15 - 20:00 | Group Fitness Training | Equestrian Strength & Conditioning | Group Fitness Training | | | | |
| 19:15 - 20:00 | Dynamic Yoga - Emma | | Vinyasa Flow - Lucy | | | | |
| 20:00 - 20:45 | | Mixed Boxing Circuits | | | | | |
| 20:00 - 21:00 | | Gentle Flow Yoga - Susie | Body Transformation session | | | | |
| 20:15 - 21:00 | HeRocks | | | | | | |
| 20:30 - 21:15 | | | | SheRocks | | | |