



# Class Timetable

## 2019



<b>MON</b>		<b>Pilates</b> 12:00 - 13:00	<b>Abs Special</b> 12:30 - 12:45 15 min express class	<b>Yoga</b> 13:05 - 14:30	<b>Group Cycling</b> 17:30 - 18:30	<b>Yoga</b> 18:30 - 19:30	<b>Functional Fitness</b> 18:45 - 19:30 (Gym Floor)	<b>Legs, bums &amp; tum</b> 19:30 - 20:30		
<b>TUES</b>		<b>Zumba</b> 12:00 - 13:00	<b>Group Cycling</b> 13:10 - 13:55		<b>Abs Attack</b> 17:00 - 17:30	<b>HIIT</b> 17:30 - 18:00	<b>Boxercise</b> 18:00 - 19:00	<b>Advanced Kettlebells</b> 19:00 - 20:00		
<b>WED</b>	<b>Pilates</b> 08:15 - 09:15		<b>Functional Fitness</b> 12:15 - 12:45 (Gym Floor)	<b>Boxercise</b> 13:05 - 14:05	<b>Swing Train</b> 17:15 - 18:00	<b>Sweat Fit</b> 18:00 - 18:30	<b>Legs, bums &amp; tums</b> 18:30 - 19:30	<b>Functional Fitness</b> 19:00 - 19:30 (Gym Floor)	<b>Super cycling</b> 19:30 - 20:30	<b>Yoga</b> 20:40 - 21:40
<b>THURS</b>			<b>Pilates</b> 12:05 - 13:05	<b>Abs Special</b> 12:30 - 12:45 15 min express class	<b>Kick Boxing</b> 13:10 - 14:20	<b>Abs &amp; Core Blast</b> 17:30 - 18:15	<b>Socarobics</b> 18:30 - 19:20	<b>Gym Fit</b> 19:30 - 20:00		<b>Yoga</b> 20:40 - 21:40
<b>FRI</b>			<b>Power Yoga</b> 12:00 - 13:00		<b>Pilates</b> 13:00 - 14:00		<b>Group Cycling &amp; Abs Attack</b> 17:00 - 18:15	<b>HIIT</b> 18:30 - 19:00		
<b>SAT</b>		<b>Kettlebell Circuit</b> 10:30 - 11:00	<b>Pilates</b> 12:00 - 13:00	<b>Circuits</b> 13:05 - 13:55	<b>Zumba</b> 14:00 - 15:00					
<b>SUN</b>	<b>Women's Only Weight Training</b> 9:15 - 10:00	<b>Group Cycling &amp; Abs Attack</b> 11:15 - 12:30		<b>Studio Hire</b> 13:00 - 16:00						

# 0208 691 8404

[www.clubpulsegoldsmiths.co.uk](http://www.clubpulsegoldsmiths.co.uk)

[info@clubpulsegoldsmiths.co.uk](mailto:info@clubpulsegoldsmiths.co.uk)

[@ClubPulseGoldsmiths](https://www.instagram.com/ClubPulseGoldsmiths)

