



Class Timetable

2018



MON		Pilates 12:00 - 13:00	Abs Special 12:30 - 12:45 15 min express class	Yoga 13:05 - 14:30	Group Cycling 17:30 - 18:30	Yoga 18:30 - 19:30	Functional Fitness 18:45 - 19:30 (Gym Floor)	Legs, bums & tum 19:30 - 20:30	House Dance 20:30 - 21:30	
TUES		Zumba 12:00 - 13:00			Abs Attack 17:00 - 17:30	Insanity 17:30 - 18:0	Boxercise 18:00 - 19:00	Advanced Kettlebells 19:00 - 20:00	Kettlebells 20:00 - 21:00	
WED	Pilates 08:15 - 09:15			Boxercise 13:05 - 14:05	Swing Train 17:15 - 18:00	Sweat Fit 18:00 - 18:30	Legs, bums & tums 18:30 - 19:30	Functional Fitness 19:00 - 19:30 (Gym Floor)	Super cycling 19:30 - 20:30	Yoga 20:30 - 21:30
THURS			Pilates 12:05 - 13:05	Abs Special 12:30 - 12:45 15 min express class	Kick Boxing 13:10 - 14:10	Abs & Core Blast 17:30 - 18:15	Socarobics 18:30 - 19:20	Callisthenics Training 19:30 - 20:00 (Gym Floor)		Yoga 20:40 - 21:40
FRI			Power Yoga 12:05 - 13:05		Pilates 13:05 - 14:05		Group Cycling & Abs Attack 17:00 - 18:15	HIIT 18:30 - 19:00		
SAT		Kettlebell Circuit 10:30 - 11:30	Pilates 12:00 - 13:00	Circuits 13:05 - 14:05	Zumba 14:00 - 15:00					
SUN		Group Cycling & Abs Attack 11:15 - 12:30		Studio Hire 13:00 - 16:00						

0208 691 8404

www.clubpulsegoldsmiths.co.uk

info@clubpulsegoldsmiths.co.uk

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