



# Class Timetable

## 2020



<b>MON</b>				<b>Yoga</b> 13:10 - 14:40	<b>Group Cycling</b> 17:30 - 18:30	<b>Yoga</b> 18:30 - 19:30	<b>Functional Curcuits</b> 18:30 - 19:15 (Gym Floor)	<b>Legs, bums &amp; tum</b> 19:30 - 20:30		
<b>TUES</b>		<b>Zumba</b> 12:10 - 13:10	<b>Group Cycling</b> 13.20 - 14.05		<b>Abs Attack</b> 17:00 - 17:45		<b>Boxercise</b> 18:00 - 19:00	<b>Kettlebells</b> 19:00 - 20:00		
<b>WED</b>	<b>Pilates</b> 08:15 - 09:15		<b>Functional Curcuits</b> 12.15 - 12.45 (Gym Floor)	<b>Boxercise</b> 16.20 - 17.05	<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 Curcuits</b> 19.00 - 19.45 (Gym Floor)	<b>Group 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 &amp; Core Blast</b> 18.00 - 18:45		<b>HIIT Fit</b> 19:30 - 20:00		<b>Yoga</b> 20:40 - 21:40
<b>FRI</b>			<b>Power Yoga</b> 12:10 - 13:10				<b>Group Cycling &amp; Abs Attack</b> 17:00 - 17.45	<b>HIIT Boxercise</b> 18:30 - 19:30		
<b>SAT</b>			<b>Pilates</b> 12:00 - 13:00	<b>Functional Curcuits</b> 13.05 - 13.50 (Gym Floor)	<b>Zumba</b> 14:00 - 15:00					
<b>SUN</b>	<b>Weight training and tone</b> 09:15 - 10:15	<b>Group Cycling &amp; Abs Attack</b> 11:15 - 12:30								

# 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)

