

# Bolton class timetable

Last updated: June  
Please note that weekly class timetables are subject to change  
Please book your place through the app

| Monday                                                        | Tuesday                                                      | Wednesday                                                       | Thursday                                                      | Friday                                                         | Saturday                                                       |
|---------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|
| 06:15 - 07:00<br>Spin<br>Scott - Spin Studio                  | 06:15 - 07:00<br>Boxing<br>Shauna - Studio 2                 | 06:15 - 07:00<br>Spin<br>Scott - Spin Studio                    | 06:10 - 06:40<br>HIIT<br>Shauna - Gym Floor                   | 06:10 - 06:40<br>HIIT<br>Shauna - Gym Floor                    | 09:00 - 09:30<br>Family Spin<br>Lucy - Spin Studio             |
| 06:30 - 07:00<br>HIIT<br>Fitness Coach - Gym Floor            | 06:30 - 07:00<br>HIIT<br>Fitness Coach - Gym Floor           | 06:30 - 07:00<br>HIIT<br>Fitness Coach - Gym Floor              | 06:40 - 07:00<br>Core Training<br>Shauna - Gym Floor          | 06:40 - 07:00<br>Core Training<br>Shauna - Gym Floor           | 09:30 - 10:15<br>Spin<br>Lucy - Spin Studio                    |
| 07:05 - 07:25<br>Core Training<br>Fitness Coach - Gym Floor   | 07:05 - 07:25<br>Core Training<br>Fitness Coach - Gym Floor  | 07:05 - 07:25<br>Core Training<br>Fitness Coach - Gym Floor     | 09:30 - 10:15<br>Les Mills Body Combat<br>Michelle - Studio 1 | 09:30 - 10:15<br>Strength & Conditioning<br>Shirley - Studio 2 | 10:00 - 10:45<br>Les Mills Body Combat<br>Michelle - Studio 2  |
| 09:30 - 10:00<br>HIIT<br>Fitness Coach - Gym Floor            | 09:30 - 10:00<br>HIIT<br>Fitness Coach - Gym Floor           | 09:30 - 10:00<br>HIIT<br>Fitness Coach - Gym Floor              | 09:30 - 10:15<br>Zumba<br>Mariana - Studio 2                  | 09:30 - 10:00<br>HIIT<br>Fitness Coach - Gym Floor             | 10:15 - 11:15<br>Yoga<br>Kirsten - Mind and Body               |
| 09:45 - 10:30<br>Zumba<br>Zoey - Studio 2                     | 09:45 - 10:30<br>Pilates<br>Kirsten - Studio 2               | 09:45 - 10:30<br>Les Mills Body Pump<br>Ann-Michelle - Studio 2 | 09:30 -10:00<br>HIIT<br>Fitness Coach - Gym Floor             | 10:05 - 10:25<br>Core Training<br>Fitness Coach - Gym Floor    | 11:00 - 11:45<br>Les Mills Body Pump<br>Michelle - Studio 2    |
| 10:00 - 10:45<br>Pain Management<br>Matt - Gym Floor          | 09:45 - 10:30<br>Zumba<br>Andrea - Studio 1                  | 10:00 - 10:45<br>Aqua<br>Andrea - Small Pool                    | 10:05 - 10:25<br>Core Training<br>Fitness Coach - Gym Floor   | 10:20 - 11:05<br>DanceFit<br>Shirley - Studio 2                |                                                                |
| 10:05 - 10:25<br>Core Training<br>Fitness Coach - Gym Floor   | 10:05 - 10:25<br>Core Training<br>Fitness Coach - Gym Floor  | 10:05 - 10:25<br>Core Training<br>Fitness Coach - Gym Floor     | 10:20 - 11:20<br>Yoga<br>Mariana - Mind & Body                | 12:30 - 13:15<br>Aqua<br>Annalise - Small Pool                 |                                                                |
| 10:35 - 11:20<br>Pilates<br>Zoey - Studio 2                   | 10:40 - 11:25<br>Strength & Conditioning<br>Karen - Studio 2 | 10:30 - 11:30<br>Pilates<br>Anne-Michelle - Studio 2            | 10:30 - 11:15<br>Aqua<br>Michelle - Small Pool                | 17:30 - 18:15<br>Spin<br>Lucy - Spin Studio                    |                                                                |
| 12:30 - 13:15<br>Aqua<br>Sam - Small Pool                     | 10:45 - 11:30<br>Aqua<br>Andrea - Small Pool                 | 11:00 - 11:45<br>Aqua<br>Andrea - Small Pool                    | 17:30 - 18:00<br>HIIT<br>Fitness Coach - Gym Floor            | 17:30 - 18:00<br>HIIT<br>Fitness Coach - Gym Floor             | 10:00 - 10:30<br>HIIT<br>Gaynor - Studio 2                     |
| 17:30 - 18:00<br>Core Training<br>Fitness Coach - Studio 2    | 11:30 - 12:15<br>Tai Chi<br>Shirley - Mind & Body            | 17:30 - 18:00<br>Core Training<br>Scott - Studio 2              | 18:00 - 18:45<br>Spin<br>Dean - Spin Studio                   | 18:05 - 18:25<br>Core Training<br>Fitness Coach - Gym Floor    | 10:35 - 11:20<br>Les Mills Body Balance<br>Gaynor - Mind& Body |
| 18:00 - 18:45<br>Spin<br>Dean - Spin Studio                   | 11:45 - 12:30<br>Aqua<br>Andrea - Small Pool                 | 18:00 - 18:45<br>Spin<br>Scott - Spin Studio                    | 18:05 - 18:25<br>Core Training<br>Fitness Coach - Gym Floor   | 18:30 - 19:15<br>Spin<br>Lucy - Spin Studio                    |                                                                |
| 18:00 - 18:45<br>Les Mills Body Pump<br>Michelle - Studio 2   | 17:30 - 18:00<br>Spin<br>Lucy - Spin Studio                  | 18:00 - 18:45<br>Les Mills Body Pump<br>Emma - Studio 2         | 18:30 - 19:30<br>Functional Fitness<br>Jack T - Gym Floor     |                                                                |                                                                |
| 18:30 - 19:30<br>Functional Fitness<br>Jack T - Gym Floor     | 17:30 - 18:00<br>HIIT<br>Fitness Coach - Gym Floor           | 18:00 - 18:30<br>HIIT<br>Fitness Coach - Gym Floor              | 18:45 - 19:30<br>Pilates<br>Lisa - Mind & Body                |                                                                |                                                                |
| 18:50 - 19:35<br>Les Mills Body Combat<br>Michelle - Studio 2 | 18:00 - 18:45<br>DanceFit<br>Shirley - Studio 2              | 18:50 - 19:35<br>Les Mills Body Combat<br>Emma - Studio 2       |                                                               |                                                                |                                                                |
|                                                               | 18:05 - 18:25<br>Core Training<br>Fitness Coach - Gym Floor  |                                                                 |                                                               |                                                                |                                                                |
|                                                               | 18:50 - 19:40<br>Yoga<br>Shirley - Studio 2                  |                                                                 |                                                               |                                                                |                                                                |