

# Preston 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                                                                               |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <b>06:15 - 07:00</b><br><b>Bootcamp</b><br>Fitness Coach - Upper Gym Floor       | <b>09:10 - 09:55</b><br><b>Lift &amp; Row</b><br>Fitness Coach - Upper Gym Floor       | <b>06:15 - 07:00</b><br><b>Bootcamp</b><br>Fitness Coach - Upper Gym Floor | <b>06:15 - 07:15</b><br><b>Athletic Performance</b><br>Fitness Coach - Upper Gym Floor | <b>06:15 - 07:00</b><br><b>Bootcamp</b><br>Mark - Upper Gym Floor               | <b>08:15 - 09:00</b><br><b>Functional Fit</b><br>Fitness Coach - Upper Gym Floor       |
| <b>09:15 - 10:00</b><br><b>Spin</b><br>Stella - Spin Studio                      | <b>09:15 - 10:00</b><br><b>Spin</b><br>Stella - Spin Studio                            | <b>07:30 - 08:00</b><br><b>Spin</b><br>Fitness Coach - Spin Studio         | <b>09:30 - 10:15</b><br><b>Les Mills Body Pump</b><br>Jaimee - Studio 1                | <b>09:30 - 10:15</b><br><b>Spin</b><br>Brett - Spin Studio                      | <b>08:15 - 09:00</b><br><b>Spin</b><br>Fitness Coach - Spin Studio                     |
| <b>09:15 - 10:00</b><br><b>HIIT</b><br>Fitness Coach - Studio 1                  | <b>10:05 - 11:05</b><br><b>Pilates</b><br>Sandra - Studio 2                            | <b>09:15 - 10:00</b><br><b>Les Mills Body Pump</b><br>Lynne - Studio 1     | <b>10:05 - 11:05</b><br><b>Les Mills Body Balance</b><br>Elly - Studio 2               | <b>09:10 - 9:55</b><br><b>Lift &amp; Row</b><br>Fitness Coach - Upper Gym Floor | <b>09:00 - 10:00</b><br><b>Bootcamp</b><br>Tom - Studio 2                              |
| <b>09:20 - 10:05</b><br><b>Functional Fit</b><br>Fitness Coach - Upper Gym Floor | <b>10:15 - 11:00</b><br><b>Aqua</b><br>Stella - Small Pool                             | <b>09:15 - 09:45</b><br><b>Core</b><br>Fitness Coach - Upper Gym Floor     | <b>10:20 - 11:05</b><br><b>Spin</b><br>Jaimee - Spin Studio                            | <b>10:05 - 11:05</b><br><b>Yoga: Hatha</b><br>Karen - Studio 2                  | <b>09:05 - 10:05</b><br><b>Pilates</b><br>Emma - Studio 1                              |
| <b>10:05 - 11:05</b><br><b>Pilates</b><br>Sandra - Studio 1                      | <b>11:15 - 12:00</b><br><b>DanceFit</b><br>Sandra - Studio 1                           | <b>10:05 - 11:05</b><br><b>Yoga: Vinyasa Flow</b><br>Helen - Studio 2      | <b>10:30 - 11:15</b><br><b>L.B.T</b><br>Fitness Coach - Studio 1                       | <b>10:05 - 11:05</b><br><b>L.B.T</b><br>Sandra - Studio 1                       | <b>10:15 - 11:15</b><br><b>Zumba</b><br>Emma - Studio 1                                |
| <b>10:05 - 10:50</b><br><b>Body Tone</b><br>Stella - Studio 1                    | <b>11:15 - 12:15</b><br><b>Stretch</b><br>Stella - Studio 2                            | <b>10:15 - 11:00</b><br><b>DanceFit: Line dancing</b><br>Sandra - Studio 1 | <b>11:25 - 12:25</b><br><b>Les Mills Body Combat</b><br>Jaimee - Studio 1              | <b>10:30 - 11:15</b><br><b>Aqua</b><br>Magdalena - Small Pool                   | <b>10:30 - 11:30</b><br><b>Athletic Performance</b><br>Fitness Coach - Upper Gym Floor |
| <b>11:05 - 11:50</b><br><b>Aqua</b><br>Stella - Small Pool                       | <b>12:00 - 12:45</b><br><b>Aqua</b><br>Lynne - Small Pool                              | <b>10:20 - 11:05</b><br><b>Aqua</b><br>Lynne - Small Pool                  | <b>13:00 - 13:45</b><br><b>Zumba Gold</b><br>Magdalena - Studio 1                      | <b>11:15 - 12:15</b><br><b>DanceFit</b><br>Sandra - Studio 1                    |                                                                                        |
| <b>11:05 - 12:05</b><br><b>Zumba</b><br>Emma - Studio 2                          | <b>12:15 - 13:00</b><br><b>Pilates</b><br>Sandra - Studio 1                            | <b>11:10 - 12:10</b><br><b>Yoga: Yin</b><br>Helen - Studio 2               | <b>13:30 - 14:15</b><br><b>Aqua Zumba</b><br>Magdalena - Small Pool                    | <b>11:30 - 12:15</b><br><b>Aqua</b><br>Magdalena - Small Pool                   |                                                                                        |
| <b>11:15 - 12:15</b><br><b>Tai Chi</b><br>Sandra - Studio 1                      | <b>17:30 - 18:15</b><br><b>Functional Fit</b><br>Fitness Coach - Upper Gym Floor       | <b>11:15 - 12:15</b><br><b>L.B.T</b><br>Sandra - Studio 1                  | <b>17:30 - 18:15</b><br><b>Body Tone</b><br>Stella - Studio 2                          | <b>12:30 - 13:00</b><br><b>Bootcamp</b><br>Tom - Upper Gym floor                | <b>Sunday</b>                                                                          |
| <b>12:30 - 13:20</b><br><b>Step</b><br>Sandra - Studio 1                         | <b>17:45 - 18:45</b><br><b>Body Tone</b><br>Adele - Studio 1                           | <b>12:20 - 13:05</b><br><b>Pilates</b><br>Sandra - Studio 1                | <b>18:00 - 18:45</b><br><b>Bootcamp</b><br>Fitness Coach - Upper Gym Floor             | <b>17:30 - 18:00</b><br><b>HIIT</b><br>Fitness Coach - Upper Gym Floor          | <b>08:45 - 09:30</b><br><b>Bootcamp</b><br>Fitness Coach - Upper Gym Floor             |
| <b>12:45 - 13:30</b><br><b>Aqua</b><br>Lynne - Small Pool                        | <b>18:30 - 19:15</b><br><b>Aerobics</b><br>Brett - Studio 2                            | <b>12:30 - 13:00</b><br><b>HIIT</b><br>Brett - Gym Floor                   | <b>18:30 - 19:15</b><br><b>Stretch</b><br>Stella - Studio 2                            | <b>18:05 - 18:35</b><br><b>Core</b><br>Fitness Coach - Upper Gym Floor          | <b>10:30 - 11:20</b><br><b>Kettlebell</b><br>Fitness Coach - Upper Gym Floor           |
| <b>17:30 - 18:30</b><br><b>Fit Kids 4-10 yrs</b><br>Tic Toc - Tic Toc            | <b>18:50 - 19:35</b><br><b>Les Mills Body Combat</b><br>Adele - Studio 1               | <b>17:35 - 18:20</b><br><b>Les Mills Body Pump</b><br>Dawn - Studio 1      | <b>19:30 - 20:15</b><br><b>Athletic Performance</b><br>Fitness Coach - Studio 2        |                                                                                 |                                                                                        |
| <b>17:30 - 18:30</b><br><b>Spin</b><br>Fitness Coach - Spin Studio               | <b>19:30 - 20:30</b><br><b>Athletic Performance</b><br>Fitness Coach - Upper Gym Floor | <b>17:30 - 18:30</b><br><b>Fit Kids 4-10 yrs</b><br>Tic Toc - Tic Toc      | <b>19:30 - 20:15</b><br><b>Aqua</b><br>Stella - Small Pool                             |                                                                                 |                                                                                        |
| <b>17:30 - 18:30</b><br><b>Les Mills Body Combat</b><br>Jaimee - Studio 1        | <b>19:40 - 20:40</b><br><b>Yoga</b><br>Adele - Studio 1                                | <b>18:00 - 18:45</b><br><b>Bootcamp</b><br>Tom - Studio 2                  |                                                                                        |                                                                                 |                                                                                        |
| <b>18:00 - 18:45</b><br><b>Bootcamp</b><br>Fitness Coach - Studio 2              |                                                                                        | <b>18:30 - 19:14</b><br><b>Spin</b><br>Dawn - Spin Studio                  |                                                                                        |                                                                                 |                                                                                        |
| <b>19:15 - 20:00</b><br><b>Functional Fit</b><br>Fitness Coach - Upper Gym Floor |                                                                                        | <b>18:30 - 19:14</b><br><b>Yoga: Traditional</b><br>Adele - Studio 1       |                                                                                        |                                                                                 |                                                                                        |
| <b>18:40 - 19:26</b><br><b>Les Mills Body Pump</b><br>Jaimee - Studio 1          |                                                                                        |                                                                            |                                                                                        |                                                                                 |                                                                                        |