

Whitefield 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
09:15 - 10:00 HIIT Fitness Coach - Lower Gym	09:20 - 10:00 Aqua Sheryl - Small Pool	09:30 - 10:15 Spin Kirstie - Spin Studio	09:20 - 10:00 Aqua Sheryl - Small Pool	09:30 - 10:15 Bootcamp Fitness Coach - Lower Gym	09:15 - 10:00 Les Mills Body Pump Dionne - Studio 2
09:30 - 10:30 Pilates Sonya - Mind & Body	09:30 - 10:15 Body Tone Christina - Studio 2	09:30 - 10:15 Bootcamp Fitness Coach - Lower Gym	09:30 - 10:15 Spin: Coach by Colour Marion - Spin Studio	09:30 - 10:30 Pilates Angela - Mind & Body	09:30 - 10:30 Pilates Nicola - Mind & Body
09:30 - 10:15 Body Tone Christina - Studio 2	10:00 - 10:45 Spin Kirstie - Spin Studio	09:35 - 10:15 Aqua Leanne - Small Pool	10:30 - 11:15 Young at Heart Marion - Studio 2	09:30 - 10:15 Les Mills Body Pump Nicola - Spin Studio	09:45 - 10:30 Athletic Performance Fitness Coach - Rig
09:30 - 10:15 Spin Kelly - Spin Studio	10:00 - 10:45 Les Mills Body Balance Sheryl - Mind & Body	10:20 - 11:00 Aqua Leanne - Small Pool	10:30 - 11:30 Yoga: Traditional Anne - Mind & Body	10:00 - 10:45 Spin Kieran - Studio 2	10:00 - 10:45 Les Mills Body Step Dionne - Studio 2
10:15 - 11:00 Aerobics Christina - Studio 2	10:20 - 11:00 Aqua Kasia - Small Pool	10:30 - 11:30 Pilates Sonya - Mind & Body	14:20 - 15:00 Aqua Rabeah - Small Pool	10:20 - 11:00 Aqua Kasia - Small Pool	10:45 - 11:45 Yoga Nicola - Mind & Body
10:20 - 11:00 Aqua Kasia - Small Pool	10:30 - 11:30 Pilates Angela - Studio 2	10:30 - 11:15 Zumba Sonya - Studio 2	17:30 - 18:15 Body Tone Rayna - Studio 2	10:20 - 11:05 Zumba Nicola - Studio 2	10:45 - 11:30 Body Tone Dionne - Studio 2
10:30 - 12:00 Yoga Anne - Mind & Body	11:40 - 12:25 Stretch Kasia - Studio 2	11:20 - 12:10 Athletic Pilates Leanne - Studio 2	18:15 - 19:00 Boxing Circuits Rayna - Studio 2	10:45 - 11:45 Yoga Nicola - Mind & Body	11:30 - 12:15 Zumba Nabila - Studio 2
14:20 - 15:00 Aqua Abi - Small Pool	17:30 - 18:15 Spin: Coach by Colour Marion - Spin Studio	17:30 - 18:30 Yoga: Ashtanga Adam - Mind & Body	18:30 - 19:30 Pilates Nicola - Mind & Body	11:15 - 11:50 Aqua Kasia - Small Pool	
17:45 - 18:30 Zumba Tone Dionne - Studio 2	17:45 - 18:30 Step Nabila - Studio 2	17:45 - 18:30 Les Mills Body Pump Dionne - Studio 2	18:30 - 19:15 Bootcamp Fitness Coach - Lower Gym	11:40 - 12:20 Stretch Kasia - Studio 2	
18:15 - 19:15 Pilates Marion - Mind & Body	18:30 - 19:15 Les Mills Body Combat Nabila - Studio 2	18:30 - 19:15 Les Mills Body Step Dionne - Studio 2	19:00 - 19:30 Stretch Rayna - Studio 2	17:45 - 18:30 Spin Eddie - Spin Studio	09:30 - 10:00 HIIT Eddie - Studio 2
18:30 - 19:15 Spin Eddie - Spin Studio	18:30 - 19:15 HIIT Fitness Coach - Lower Gym	18:35 - 19:20 Spin Kirstie - Spin Studio	19:30 - 20:30 Yoga: Traditional Nicola - Mind & Body		10:00 - 10:40 Aqua Claire - Small Pool
18:30 - 19:15 Les Mills Body Step Dionne - Studio 2	19:00 - 20:00 Pilates Kelly - Mind & Body	19:20 - 20:05 Strength & Conditioning Paul - Studio 2			10:15 - 11:00 Spin Eddie - Spin Studio
19:15 - 20:00 Les Mills Body Pump Dionne - Studio 2	19:15 - 19:45 Core Nabila - Studio 2				10:45 - 11:25 Aqua Claire - Small Pool
19:20 - 20:00 Aqua Abi - Small Pool					11:20 - 12:30 Yoga Anne - Mind & Body
19:30 - 20:30 Yoga: Ashtanga Adam - Mind & Body					