



To book into a class call
01235 206777

Group Fitness Timetable

11th January – 12th April 2010

MONDAY						TUESDAY					WEDNESDAY					THURSDAY				FRIDAY				SATURDAY		SUNDAY	
	Studio 1	Studio 2	Pool	Gym	Mezz	Studio 1	Studio 2	Gym	Mezz	Pool	Studio 1	Studio 2	Pool	Gym	Mezz	Studio 1	Studio 2	Gym	Mezz	Studio 1	Studio 2	Pool	Mezz	Studio 1	Studio 2		
07:15-07:30		RPM										BODY PUMP															
07:30-07:45																											
07:45-08:00																											
09:30-09:45																											
09:45-10:00	PILATES					DANCE AEROBICS					BODY-VIVE																
10:00-10:15																											
10:15-10:30																											
10:35-10:45																											
10:45-11:00	POWER PILATES	BODY PUMP					RPM																				
11:00-11:15											PILATES																
11:15-11:35																											
12:05-13:00	YOGA	RPM			FUSION 12:30-13:00	BODY COMBAT	BODY PUMP			ABS BLAST 12:30-13:00	BODY BALANCE	RPM	AQUA TONE	FUSION 12:30-13:00		BODY STEP	BODY PUMP			ABS BLAST 12:30-13:00	POWER PILATES	RPM					
13:05-13:50	DANCE AEROBICS	RPM				BODY BALANCE	BODY PUMP	FUSION 13:05-13:35			CARDIO TONE	RPM			ABS BLAST 13:05-13:35	YOGA	BODY PUMP	FUSION 13:05-13:35			BODY BALANCE	RPM		ABS BLAST 13:05-13:35			
17:30-17:45					FUSION 17:30-18:00																						
17:45-18:00	CARDIO TONE	BODY PUMP				DANCE AEROBICS	RPM				BODY STEP	BODY PUMP		FUSION 18:00-18:30		BODY COMBAT	RPM	FUSION 17:45-18:15			BOXING CIRCUITS	BODY PUMP					
18:00-18:15					ABS BLAST 18:00-18:30																						
18:15-18:30																											
18:35-18:45																											
18:45-19:00	BODY COMBAT	BODY PUMP	AQUA TONE			POWER PILATES	RPM	FUSION 18:45-19:15			BOXING CIRCUITS	BODY PUMP		ABS BLAST 18:35-19:05		DANCE AEROBICS	RPM										
19:00-19:15																											
19:15-19:35																											
19:40-19:40																											
19:45-20:00	BODY BALANCE	RPM					BODY PUMP				BODY BALANCE	RPM															
20:00-20:15																											
20:15-20:40																											

The Park Club
17 Milton Park, Abingdon OX14 4RS
www.parkclub.co.uk