

FITNESS CLASSES TIMETABLE - PANCRAS SQUARE LEISURE 2018

FROM WEDNESDAY 8TH AUGUST UNTIL FURTHER NOTICE

	TIME	CATEGORY	CLASS	LEVEL	INSTRUCTOR	LOCATION
MONDAY	7.00-7.45am	● Lets Work It	Group Cycle	All	Alex	Studio 1
	12.30-1.00pm	● Lets Target	Functional (Omnia)	All	Fitness Instructor	Gym
	12.15-1.00pm	● Lets Move	Total Body Conditioning	All	Nichole	Studio 1
	1.15-2.15pm	● Lets Focus	Yoga	All	Hazel	Studio 1
	5.00-5.25pm	● Lets Be Strong	Strength & Conditioning	All	Fitness Instructor	Studio 1
	5.30-6.15pm	● Lets Work It	Group Cycle	All	Sheila	Studio 1
	6.30-7.30pm	● Lets Be Strong	Power Pump	Intermediate	Kat	Studio 1
7.30-8.45pm	● Lets Focus	Yoga	All	Paul	Studio 1	

TUESDAY	7.00-7.45am	● Lets Work It	Group Cycle	All	Patrick	Studio 1
	11:30 - 12:20am	● Lets Focus	Yoga	All	Julia	Studio 1
	12.30-1.00pm	● Lets Target	Functional (Omnia)	All	Fitness Instructor	Gym
	12.25-1.10pm	● Lets Work It	Circuits	All	Sean	Studio 1
	1.15-2.00pm	● Lets Work It	Group Cycle	All	Nichole	Studio 1
	5.15-6.00pm	● Lets Work It	Group Cycle	All	Sheila	Studio 1
	6.00 - 6.30pm	● Lets Work It	Boxfit	All	Sheida	Studio 1
	6.35-7.35pm	● Lets Be Strong	Total Body Conditioning	All	Sheida	Studio 1
8.10-9.10pm	● Lets Focus	Pilates	All	Richie	Studio 1	

WEDNESDAY	7.00-8.00am	● Lets Focus	Yoga	All	Anna	Studio 1
	8.15-9.00am	● Lets Work It	Group Cycle	All	Alex	Studio 1
	11.05 - 12.00pm	● Lets Focus	Pilates	All	Penny	Studio 1
	12.30-1.00pm	● Lets Target	Functional (Omnia)	All	Fitness Instructor	Gym
	12.00-12.50pm	● Lets Move	Aerobics	All	Tasha	Studio 1
	1.00-1.50pm	● Lets Be Strong	Power Pump	All	Tasha	Studio 1
	5.30-6.15pm	● Lets Work It	Group Cycle	All	Patrick	Studio 1
	6.30-7.30pm	● Lets Move	Dance Aerobics (Brazilian)	All	Nadia	Studio 1
7.30-8.30pm	● Lets Focus	Pilates	All	Nadia	Studio 1	

THURSDAY	7.00-7.45am	● Lets Work It	Group Cycle	All	Patrick	Studio 1
	12.30-1.00pm	● Lets Target	Functional (Omnia)	All	Fitness Instructor	Gym
	12.05-1.00pm	● Lets Focus	Yoga	All	Freddie	Studio 1
	1.10-2.00pm	● Lets Be Strong	Total Body Conditioning	All	Nichole	Studio 1
	5.00-5.25pm	● Lets Be Strong	Strength & Conditioning	All	Fitness Instructor	Studio 1
	5.30-6.15pm	● Lets Work It	Group Cycle	All	Nichole	Studio 1
	6.30-7.30pm	● Lets Be Strong	Power Pump	All	Matteo	Studio 1

Friday	7.00-7.50am	● Lets Be Strong	Power Pump	All	Chris	Studio 1
	08.15-09.00am	● Lets Work It	Group Cycle	All	Alex	Studio 1
	11.30 - 12.15pm	● Lets Focus	Pilates	All	Penney	Studio 1
	12:15 - 1.00pm	● Lets Move	Total Body Conditioning	All	Antony	Studio 1
	1.15-2.00pm	● Lets Work It	Group Cycle	All	Patrick	Studio 1
	2.15-3.00pm	● Lets Move	Water Workout	All		Pool
	5.00 - 5.45pm	● Lets Move	Dance Aerobics	All	Matteo	Studio 1
	5.45-7.00pm	● Lets Focus	Yoga	All	Freddie	Studio 1
	7.00-8.00pm	● Lets Work It	Circuits	All	Matteo	Studio 1

SATURDAY	09.30-10.25	● Lets Work It	Circuits	Intermediate	Matteo	Studio 1
	10.30-11.15	● Lets Move	Rebounder	All	Matteo	Studio 1
	11.20-12.20pm	● Lets Move	Dance Aerobics	Intermediate	Matteo	Studio 1
	12.30-1.30pm	● Lets Focus	Pilates	All	Richie	Studio 1

SUNDAY	10.00-10.45am	● Lets Work It	Group Cycle	All	Patrick	Studio 1
	11.00-12.00pm	● Lets Focus	Yoga	All	Anna	Studio 1
	12.30-1.00pm	● Lets Target	Functional (Omnia)	All	Fitness Instructor	Gym



Let's Be Strong



Let's Focus



Let's Move



Let's Work It



Let's Target



Let's Eat Right



Camden

BETTER
the feel good place