

monday	9.30am - 10.30am 9.30am - 10.30am 10.30am - 11.15am 1.00pm - 1.30pm 6.00pm - 6.45pm 6.00pm - 6.45pm 6.00pm - 6.45pm 6.45pm - 7.30pm 6.50pm - 7.35pm 7.30pm - 7.45pm 7.30pm - 8.15pm 7.35pm (20 mins) 7.45pm - 8.00pm 8.00pm - 8.30pm 8.30pm - 9.00pm 8.30pm - 9.00pm	bums, legs & tums pilates spinning box fit spinning bums, legs & tums insane circuit zumba spinning fast kettlebells * piyo beginners spinning fast abs * express spin booty blast TRX	dayne lynn mark w mikey jim louise mikey louise josh p fitness team louise josh p fitness team fitness team cairo josh m
tuesday	6.15am - 7.00am 9.10am - 9.25am 9.30am - 10.00am 9.30am - 10.30am 10.05am - 10.35am 10.30am - 11.15am 6.00pm - 6.45pm 6.00pm - 7.00pm 6.00pm - 6.45pm 7.00pm - 7.45pm 7.00pm - 8.00pm 7.00pm - 7.45pm 7.45pm - 8.00pm 7.45pm - 8.30pm 8.00pm - 8.30pm	spinning fast abs * insane circuit zumba spinning pilates spinning circuit flacks pump bums, legs & tums pilates spinning fast kettlebells * zumba gym induction	jim fitness team mikey louise marianna sienmah mark w josh p mark y dayne marvin josh p fitness team dayne fitness team
wednesday	6.15am - 6.45am 6.45am - 7.15am 9.10am - 9.55am 9.15am - 9.45am 10.00am - 10.30am 10.30am - 11.00am 1.00pm - 1.30pm 6.00pm - 6.30pm 6.30pm - 7.00pm 6.00pm - 7.00pm 7.00pm - 7.45pm 7.00pm - 8.00pm 7.00pm - 7.30pm 7.30pm - 7.45pm 7.45pm - 8.00pm 8.00pm - 9.00pm	circuit spinning pilates gym induction flacks pump express spin spinning beginners circuit HIIT circuit bums, legs & tums spinning zumba gym induction fast abs * fast kettlebells * box fit	marianna marianna marvin fitness team mark w mark w martin mikey mikey louise jim hayley fitness team fitness team fitness team martin
thursday	9.30am - 10.00am 9.30am - 10.30am 9.45am - 10.00am 10.00am - 10.15am 10.00am - 10.30am 10.30am - 11.00am 6.00pm - 6.45pm 6.00pm - 7.00pm 6.45pm - 7.30pm 7.00pm - 7.45pm 7.30pm - 8.00pm 7.30pm - 8.15pm 8.15pm - 8.45pm	fat burn zumba fast kettlebells * fast abs * spinning TRX class pilates circuit bums, legs & tums spinning gym induction zumba fat burn	mark w nikki fitness team fitness team mark w fitness team sienmah mark w dayne rich fitness team dayne hannah / mikey
friday	6.15am - 7.00am 9.30am - 10.30am 10.00am - 10.30am 10.00am - 10.30am 10.40am - 11.15am 5.45pm - 6.30pm 6.30pm - 7.30pm	spinning pilates gym induction spinning TRX res spinning box fit	jim clare fitness team mark w fitness team jim martin
saturday	9.00am - 10.00am 10.05am - 10.50am 10.10am - 11.10am 10.15am - 11.00am 11.00am - 11.30am 12.30pm - 1.00pm	flacks pump spinning pilates bootcamp bums, legs & tums gym induction	jonny jim / rich clare jonny marianna fitness team
sunday	10.00am - 10.30am 10.00am - 10.45am 10.00am - 11.00am 11.00am - 11.45am 11.00am - 12.00pm	gym induction spinning zumba circuit 45 pilates	fitness team jim / rich dayne / harriet fitness team clare

fast classes * are for members only as takes place in the gym

please see www.flacksfitness.co.uk for latest timetable