

CRANFORD STUDIO CLASS TIMETABLE 2010

	7.00—7.45	9.30—10.30	10.45—11.45	12.00—1.00	6.00—7.00	7.00—8.00	8.00—9.00
MONDAY	RPM	BODY PUMP	BUMS LEGS AND TUMS	BODY BALANCE	BODY BALANCE	BODY PUMP	BODY COMBAT
TUESDAY		BODY COMBAT	BODY BALANCE		WEIGHT WATCHERS	RPM	BODY PUMP
WEDNESDAY	RPM	BODY BALANCE	RPM	BODY PUMP	BODY PUMP	BODY COMBAT	RPM
THURSDAY		BODY PUMP	BODY COMBAT		BODY COMBAT	RPM	BODY BALANCE
FRIDAY	RPM	RPM	BODY PUMP	BODY BALANCE	CIRCUITS		
SATURDAY		BODY COMBAT	BODY PUMP				
SUNDAY		BODY BALANCE	RPM				



Body Pump is a toning and conditioning class with weights and is for just about everybody. It's the fastest way to shape up and lose body fat.



Body Combat is a non contact, mixed martial arts- based fitness program. Providing you with an exhilarating exercise experience that delivers ultra-fast fitness results



Body Balance is the Yoga, T'ai Chi and Pilates workout that leaves you feeling long, strong, centred and calm. A group fitness class that enhances your physical and mental well-being.



RPM Indoor Cycling Classes based on outdoor riding. Cover the equivalent of 20-25km of varied terrain, whilst controlling your intensity and speed.



Circuits is a class for those whole need a little push or fancy training with others. Each class is designed to help you reach your goals fast. Keep an eye out for the different training months from Ski fit to lose those Christmas pounds.



Bums Legs And Tums For the most talked about problems areas, now there is a class dedicated to reducing, shaping and toning. Join Sarah for a fun and lively Aerobic experience with fast results.