totalfitness BOLTON TIMETABLE

Please note opening times and classes may vary during seasonal and bank holidays. Please check with the club first. **01204 558 400**

26/9/16

MONDAY Opens 06.00 - 22.00

06.30 - 07.15	Circuit	Fitness Team	Studio 2
09.45 - 10.30	Zumba Fitness	Kim	Studio 2
10.30 - 11.15	LBT	Emily	Studio 2
10.30 - 11.30	Pilates	Liz	Studio 1
11.15 - 12.00	Spin	Fitness Team	Spin Studio
13.00 - 13.45	Aqua	Sheryl	Small Pool
17.45 - 18.30 ☺	Spin	Janine	Spin Studio
18.00 - 18.45	Zumba	Leanne	Studio 2
18.45 - 19.30	Insanity	Christian	Studio 2
18.45 - 19.45	Hatha Yoga	Chris	Mind & Body
19.00 - 20.00	BODYPUMP	Joanne B	Studio 1
19.30 - 20.30	Powerfit	Jack	Rig

TUESDAY Opens 06.00 - 22.00

06.30 - 07.00	GRIT Series	Fitness Team	Studio 2
09.30 - 10.30	Pilates **NEW**	Leanne	Mind & Body
09.45 - 10.30	Aqua	Andrea	Small Pool
10.00 - 10.30	GRIT Series	Fitness Team	Studio 1
10.00 - 10.45	Easy Aerobics	Claire M	Studio 2
10.45 - 11.15	Body Pump **NEW**	Leanne	Studio 1
10.45 - 11.30	Total Tone	Claire M	Studio 2
10.45 - 11.45	Yoga Meditation	Edwina	Mind & Body
17.30 - 18.00	Fast Abs	Fitness Team	Studio 2
18.00 - 18.45	DanceMix Workout	Emily	Studio 2
18.00 - 18.45	Spin	Dean G	Spin Studio
18.00 - 18.45	Pro-Fit Bootcamp	Pro-Fit	Track
18.00 - 19.00	Family Karate	George	Studio 1
18.45 - 19.30	LBT	Emily	Studio 2
19.00 - 20.00	Family Karate	George	Studio 1
19.00 - 20.00	TTS Swim Club	Dean	Main Pool

WEDNESDAY Opens 06.00 - 22.00

06.30 - 07.15	Spin	Fitness Team	Spin Studio
09.30 - 10.30	BODYPUMP	Leanne	Studio 2
10.30 - 11.15	Zumba	Leanne	Studio 2
10.30 - 11.15	Spin	Fitness Team	Spin Studio
10.30 - 11.30	Pilates	Anne Michelle	Studio 1
11.30 - 12.15	Aqua	Leanne T	Small Pool
13.45 - 14.45	Swimming Lessons	Private	Small Pool £
17.30 - 18.15	BODYPUMP	Jon B	Studio 2
18.00 - 18.45	Spin	Dean	Spin Studio
18.20 - 19.05	BODYCOMBAT	Jon B	Studio 2
18.30 - 19.00	GRIT Series	Fitness Team	Studio 1
19.00 - 20.00	SwimTech	Janet Guy	Main Pool
19.00 - 19.45	Primal Training	Fitness Team	Gym Floor Rig

THURSDAY Opens 06.00 - 22.00

06.30 - 07.00	HIIT	Fitness Team	Studio 2
09.45 - 10.30	Spin **NEW**	Fitness Team	Spin Studio
09.45 - 10.30	Aqua	Leanne	Small Pool
10.30 - 11.30	Yoga	Liz	Studio 1
17.30 - 18.00	Fast Abs	Fitness Team	Studio 2
18.00 - 18.30 ☺	Express BODY PUMP **NEW**	Joanne B	Studio 2
18.00 - 19.00	Yoga	Laura B	Mind & Body
18.35 - 19.05	GRIT Series **NEW**	Joanne B	Studio 2
19.05 - 19.45	BoxFit	Fitness Team	On the track

FRIDAY Opens 06.00 - 21.00

06.30 - 07.15	Spin	Fitness Team	Spin Studio
09.30 - 10.00	Core Stability	Fitness Team	Studio 2
10.00 - 11.00	Zumba Gold	Kim	Studio 2
10.30 - 11.00	GRIT Series	Fitness Team	Studio 1
10.30 - 11.15	Back Pain Management	Josh	Mind & Body
11.00 - 12.00	Pilates	Kim	Studio 2
17.30 - 18.15	Dance Mix Workout	Emily	Studio 2
17.30 - 18.15	Spin	Fitness Team	Spin Studio
18.00 - 19.00	Family Karate	George	Studio 1
19.00 - 20.00	Family Karate	George	Studio 1

SATURDAY Opens 08.00 - 19.00

09.00 - 11.00	Junior Swim Fit	age 6 -15	1 lane main pool
09.30 - 10.30	BODYPUMP	Jon B	Studio 2
10.35 - 11.20	BODYCOMBAT **NEW**	Jon B	Studio 2
11.20 - 11.50	GRIT Series	Fitness Team	Studio 2
10.45 - 11.45	Hatha Yoga	Chris	Mind & Body
11.00 - 12.00	Pro-Fit team training	Pro-Fit	Pro-Fit Office £
12.00 - 12.30	Fast Abs	Fitness Team	Studio 2
15.00 - 15.45	Body Blitz Circuit	Fitness Team	Studio 2

SUNDAY Opens 08.00 - 19.00

11.00 - 11.45	HIIT	Fitness Team	Studio 2

All classes are suitable for all levels of fitness

☺ These are times when both an adult and childs class coincides, see the separate Junior Timetable.

£ Additional charge for these classes please see reception

*Private Pool Party - Book a private party for your children and guests. See reception for details.
Small pool may be unavailable at this time, please call club 01204 558 400