totalfitness WREXHAM TIMETABLE

Please note opening times and classes may vary during seasonal and bank holidays. Please check with the club first. **01978 80 20 20**

26/9/16

MONDAY 06.00 - 22.00

06.15 - 06.45	GRIT Series **NEW**	Jonny	Studio 1
06.50 - 07.35	Spin Studio **NEW**	Iain	Spin Studio
09.30 - 10.15	Body Combat **NEW**	Tracy	Studio 1
09.30 - 10.15	Hoola	Sasha	Studio 2
10.00 - 11.30	Hatha Yoga	Phillipa	Mind & Body
10.20 - 11.05	Body Pump **NEW**	Tracy	Studio 1
10.45 - 11.30	Zumba Gold	Ollie	Studio 2
11.40 - 12.50	Pilates	Phillipa	Mind & Body
12.30 - 13.15	Aqua **NEW**	Donna	Small Pool
12.30 - 13.00	Spin Express	Jonny	Spin Studio
17.30 - 18.00	GRIT Series	Gym Team	Studio 2
17.30 - 18.30 ☺	Body Attack	Nicola	Studio 1
18.15 - 19.00	Spin	Jess	Spin Studio
18.30 - 19.15 ☺	Dance Aerobics **NEW**	Nicola	Studio 1
18.30 - 20.00 ☺	Karate all ages	Antony	Studio 2
19.15 - 20.15	Body Pump	Tracy	Studio 1
19.15 - 20.15	Body Balance **NEW**	Nicola	Mind & Body
19.15 - 20.15	Tri Swim	All welcome	Main Pool

TUESDAY 06.00 - 22.00

06.15 - 06.45	GRIT Series	Gym Team	Studio 1
06.50 - 07.20	Spin Express	Jess	Spin Studio
09.30 - 10.30	Spin	Simon	Spin Studio
09.30 - 10.15	Body Blast	Christel	Studio 1
10.00 - 11.30	Tai Chi	Steven	Studio 2
10.20 - 11.20	Body Balance	Nicola	Mind & Body
11.45 - 12.30	Aqua	Ollie	Small Pool
17.00 - 17.30	GRIT Series	Gym Team	Studio 1
17.30 - 18.15	Spin	Simon	Spin Studio
18.15 - 19.00	Zumba	Ollie	Studio 2
18.15 - 19.00	Body Pump	Tracey	Studio 1
18.20 - 19.05	Spin	Maureen	Spin Studio
19.10 - 19.55	LBT	Maureen	Studio 1
19.15 - 20.00	Aqua	Tracy	Small Pool

WEDNESDAY 06.00 - 22.00

06.15 - 07.00	Spin	Zoe	Spin Studio
07.05 - 07.35	Circuit **NEW**	Zoe	Studio 1
09.30 - 10.15	Body Combat	Donna	Studio 1
09.30 - 10.00	GRIT Series **NEW**	Zoe	Studio 2
10.15 - 11.15	Pilates	Donna	Studio 1
11.30 - 12.15	Aqua	Donna	Small Pool
12.30 - 13.00	Spin **NEW**	Zoe	Spin Studio
17.00 - 18.00	Bodyfat Clinic	Pro-Fit	Gym Floor
17.30 - 18.00	GRIT Series **NEW**	Jonny	Studio 1
18.15 - 19.00	Spin	Jess	Spin Studio
18.30 - 20.00 ☺	Hatha Yoga	Anita	Mind & Body
18.30 - 20.00 ☺	Karate all ages	Antony	Studio 2
19.00 - 19.45 ☺	Boxercise	Christel	Studio 1

THURSDAY 06.00 - 22.00

06.15 - 06.45	GRIT Series	Gym Team	Studio 1
09.30 - 10.15	Burn 'n' Firm	Donna	Studio 1
09.30 - 10.15	Spin	Maureen	Spin Studio
10.20 -11.20	Yoga	Steve	Mind & Body
10.20 - 11.05	Body Pump	Iain	Studio 1
11.15 - 12.00	Aqua **NEW**	Lindsay	Small Pool
11.20 - 12.05	Active Yoga	Steve	Mind & Body
18.00 - 19.00	Body Attack **NEW**	Nicola	Studio 2
18.15 - 19.00	Zumba Step	Ollie	Studio 1
18.15 - 19.00	Spin	Steve	Spin Studio
19.15 - 20.00	Aqua	Ollie	Small Pool
19.00 - 20.00	Body Balance	Nicola	Mind & Body

FRIDAY 06.00 - 21.00

06.15 - 06.45	MetaFit **NEW**	Iain	Studio 1
06.50 - 07.35	Spin **NEW**	Iain	Spin Studio
09.30 - 10.15	Body Pump	Tracey	Studio 1
10.00 - 11.00	Tai Chi	Steven	Mind & Body
10.20 - 11.05	Spin	Simon	Spin Studio
11.00 - 12.00	Pilates	Anita	Studio 1
12.15 - 13.00	Aqua Fit	Donna	Small Pool
12.30 - 13.00	Spin Express **NEW**	Gym Team	Spin Studio
17.00 - 17.30	GRIT Series	Gym Team	Studio 1
17.30 - 18.15	Spin	Jess	Spin Studio
18.20 - 18.35	Abs Blast	Jess	Studio 1
18.35 - 19.20	Body Pump	Tracey	Studio 1

SATURDAY 08.00 - 19.00

08.30 - 09.00	GRIT Series **NEW**	Zoe	Studio 1
09.00 - 10.00	Spin	Maureen	Spin Studio
10.00 - 10.45 ☺	Body Blast	Maureen	Studio 1
11.00 - 12.30	Hatha Yoga	Phillippa	Mind & Body
15.30 - 17.00	*Private Pool Party		Small Pool £

SUNDAY Opens 08.00 - 19.00

09.30 - 10.00	GRIT Series	Jonny	Studio 1
10.15 - 11.00	Spin	Jonny	Spin Studio
10.00 - 10.45	Clubbercise	Louise&Rachel	Studio 2
11.05 - 11.50	Boxing Fit **NEW**	Iain	Studio 2
14.00 - 16.00	Junior Swim Fit		Main Pool

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 01978 80 20 20