



## CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:00 Glo Spin (Tony)	6:30-7:00 Glo HIIT (Tony)	6:30-7:15 Glo Spin (Tony)	6:30-7:15 Glo Circuit (Tony)	6:30-7:00 Glo Spin (Kyle)	9:00-9:45 Glo Conditioning (Mark F)	9:30-10:15 Glo LBT (Molly)
9:30-10:15 Circuit (Tony)	9:30-10:15 Glo Spin (Tony)	9:30-10:15 Glo Circuit (Kyle)	9:30-10:00 Glo Spin (Ross)	9:30-10:15 Glo Circuit (Kyle)	10:00-10:30 Glo Spin (Mark F)	10:30-11:00 Glo Spin (Kyle)
12:30-13:15 Glo Blast (Mark F)	17:30-18:15 Glo Piloxing (Joanna)	10:30-11:00 Glo Spin (Kyle)	17:30-18:00 Glo HIIT (Tom)	17:30-18:45 Glo Spin (Mark D)		
17:30-18:00 Glo HIIT (Kyle)	18:15-18:45 Glo Spin (Mark D)	12:30-13:15 Glo Spin (Jimmy)	17:30-18:00 Glo Spin (Janet)			
17:30-18:15 Glo Spin (Jimmy)	18:45-19:30 Glo Conditioning (Mark D)	17:30-18:15 Glo Bootcamp (Jimmy)	18:30-19:15 Glo Pump (Janet)			
18:15-19:00 Glo Pump (Janet)		17:45-18:15 Glo Spin (Mark D)				
19:15-19:45 Glo Spin (Janet)		18:30-19:15 Glo Zumba (Simone)				

**KEY:**

-  CARDIO
-  INTERVAL
-  MIND & BODY
-  DANCE
-  FUNCTIONAL STRENGTH
-  ABS

**PLEASE NOTE:** This timetable is subject to change. Classes may only run with 3 or more participants.