

K2 crawley workout timetable

spring term 2010 january 4 - april 18



mon	9.30 - 10.30am	body pump c	3	6.00 - 7.00pm	body pump	3
	9.30 - 10.30am	fit n fifty c	h	6.00 - 7.00pm	aero, step & tone	2
	10.45 - 11.30am	buggy power	t	7.00 - 8.00pm	body combat	3
	11.00 - 12.00pm	abs, bums & thighs c	3	7.00 - 8.00pm	body balance	2
	12.30 - 1.15pm	ab attack	1	7.00 - 8.00pm	pilates	c
	2.00 - 3.30pm	yoga	2	8.00 - 9.00pm	abs, bums & thighs	3
tues	9.30 - 10.30am	aero circuits c	3	6.00 - 7.00pm	running club	t
	9.30 - 11.00am	yoga c	1	6.00 - 7.00pm	power hour	3
	11.00 - 12.00pm	abs, bums, thighs & step c	2	6.00 - 7.00pm	super circuit	2
	12.30 - 1.15pm	body pump	3	7.00 - 8.00pm	body pump	3
				8.00 - 9.00pm	pilates	c
				8.00 - 9.00pm	body jam	2
			8.30 - 9.30pm	body combat	3	
wed	9.30 - 10.30am	body jam c	3	6.00 - 7.00pm	body combat	3
	9.30 - 10.15am	fit n fifty c	h	6.00 - 7.00pm	outdoor boot camp	p
	9.30 - 11.00am	yoga c	1	7.00 - 8.00pm	abs, bums & thighs	3
	10.30 - 11.15am	pilates 50+	2	8.00 - 9.00pm	body balance	2
	11.00 - 12.00pm	body pump	3	8.00 - 9.00pm	body pump	3
	12.15 - 1.00pm	pilates	1			
thurs	9.30 - 10.30am	aero circuits c	3	6.00 - 7.00pm	body pump	3
	9.30 - 11.00am	yoga c	1	6.00 - 7.00pm	body attack	2
	11.00 - 12.00pm	body combat c	3	7.00 - 8.00pm	abs, bums & thighs	3
	11.30 - 1.00pm	evergreens yoga	c	7.00 - 8.00pm	body jam	2
	12.30 - 1.15pm	ab attack	3	7.00 - 8.00pm	box fit	h
				8.00 - 9.00pm	body balance	c
fri	9.30 - 10.15am	fit n fifty c	1	6.00 - 7.00pm	body jam	2
	9.30 - 10.30am	abs, bums & thighs c	3	6.00 - 7.00pm	intermediate pilates	3
	10.15 - 11.00am	50+ pilates c	1	7.00 - 8.00pm	body combat	3
	11.00 - 12.00pm	body pump c	3			
sat	9.00 - 10.00am	starter pilates c	1	please note:		
	9.00 - 10.00am	advanced ab attack c	3	new classes/name or class time in bold		
	10.00 - 11.00am	body combat c	3	c - crèche facilities available.		
	10.30 - 11.30am	running club c	t	class locations:		
	11.00 - 12.00pm	body attack	3	1 - dance studio 1		
sun	10.00 - 11.00am	body pump	3	2 - dance studio 2		
	11.00 - 12.00pm	body balance	3	3 - dance studio 3		
	11.00 - 12.00pm	box fit	2	h - main hall		
	5.00 - 6.00pm	abs, bums & thighs	3	c - c-suite 1		
				t - athletics track		
			p - all weather pitch			

body pump clinic

mon 9.15 - 9.30am
 thurs 5.45 - 6.00pm
 sun 9.45 - 10.00am
you must attend a clinic before participating in body pump

boxfit clinic

thurs 6.00 - 6.30pm

aqua timetable

mon	7.00 - 8.00pm	aquafit
tues	12.30 - 1.30pm 7.15 - 8.00pm	gentle aqua aquafit
wed	8.30 - 9.15am 7.00 - 8.00pm 8.15 - 9.00pm	50+ aqua aquafit deep aqua
fri	12.45 - 1.30pm	aquafit
sat	8.15 - 9.00am	deep aqua

spin timetable

mon	4.00 - 4.45pm 6.00 - 6.30pm 6.30 - 7.15pm 7.30 - 8.15pm	junior spin gentle spin power spin power spin
tues	7.00 - 7.45am 12.30 - 1.15pm 6.00 - 7.00pm 7.00 - 7.30pm	wake up spin cardio spin power spin gentle spin
wed	10.00 - 10.45am 7.00 - 7.30pm 7.30 - 8.30pm	cardio spin gentle spin power spin
thurs	6.00 - 7.00pm 7.00 - 7.45am 7.00 - 8.00pm	spin circuits wake up spin power spin
fri	10.00 - 10.45am 6.00 - 7.00pm	cardio spin cardio spin
sat	9.15 - 10.15am	power spin
sun	10.15 - 10.45am	cardio spin

spin classes are only bookable 24 hours before the class commences