

# Bonnington Leisure Club

## Class Time-Table (9th September – 23rd December 2019)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 AM	KETTLEBELL CONDITIONING (40 MINS)	B-FIT (Gym Floor) (45 MINS)	BOOTCAMP (40 MINS)	SPIN (40 MINS)			
10:00 AM	B-FIT (Gym Floor) (45 MINS)	CARDIO BOXING (30 MINS)	BUMS, LEGS & TUMS (40 MINS)	B-FIT (Gym Floor) (45 MINS)	KETTLEBELL CONDITIONING (40 MINS)		
10:30 AM		SPIN EXPRESS (30 MINS)				BOOTCAMP (40 MINS)	SPIN EXPRESS (30 MINS)
11:00 AM	AQUA FIT (40 MINS)		AQUA FIT (40 MINS)		AQUAFIT (40 MINS)	SPIN EXPRESS 11:15am (30 MINS)	
6:15 PM	SPIN (45 MINS)	B-FIT (Gym Floor) (45 MINS)	B-FIT (Gym Floor) (45 MINS)	SPIN (40 MINS)	B-FIT (Gym Floor) 6:30pm (45 MINS)		
7:00 PM	B-FIT (Gym Floor) (45 MINS)	SPIN & ABS (50 MINS)	SPIN & ABS (50 MINS)	BOOTCAMP (45 MINS)			
7:00 PM	CARDIO BOXING (40 MINS)	KETTLEBELL CONDITIONING (40 MINS)	BUMS, LEGS & TUMS (40 MINS)				
8:00pm		B-STRETCH (30 MINS)					
8:00 PM	B-RUN (Outdoor Class)	AQUA FIT (40 MINS)	B-RUN (Outdoor Class)	AQUA FIT (40 MINS)			