

# Bonnington Leisure Club

## Class Time-Table (2nd January – 31st March 2020)

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