Bonnington Leisure Club

Class Time-Table (July— September 2020)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:10 AM	H.I.I.T. (30 MINS)	SPIN (30 MINS)	BOOTCAMP (30 MINS)	SPIN (30 MINS)			
09:40 AM	SPIN (30 MINS)	H.I.I.T (30 MINS)	SPIN & ABS (30 MINS)	STRENGTH & CONDITIONING (30 MINS)	BUM, LEGS & TUMS (30 MINS)		
10:55 AM		TOTAL TONE (30 MINS)				BOOTCAMP (30 MINS)	SPIN EXPRESS (30 MINS)
17:10	SPIN (30 MINS)			SPIN (30 MINS)	CORE & STRETCH (30 MINS)		
18:25	CORE & STRETCH (30 MINS)	SPIN (30 MINS)	SPIN (30 MINS)	BOOTCAMP (30 MINS)			
19:40	SPIN (30 MINS)	8pm Pilates course	H.I.I.T. (30 MINS)				