

Preston Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

totalfitness

Monday		6:00 - 22:00	
6:15-7:00	Boot Camp	Fitness Coach	Upper Gym Floor
9:15-10:00	Spin	Stella	Spin Studio
9:20-10:05	Functional Fit	Fitness Coach	Upper Gym Floor
10:05-11:05	Pilates	Sandra	Studio 1
10:05-10:50	Body Tone	Stella	Studio 2
11:05-11:50	Aqua	Stella	Small Pool
11:05-12:05	Zumba	Emma	Studio 2
11:15-12:15	Tai Chi	Sandra	Studio 1
12:45-13:30	Aqua	Lynne	Small pool
17:30-18:30	Fit Kids 4-10 yrs	Tic Toc	Tic Toc
17:30-18:30	Spin	Jess	Spin Studio
17:30-18:30	Les Mills Body Combat	Jaimee	Studio 1
18:10-18:55	Bootcamp	Fitness Coach	Studio 2
18:40-19:25	Les Mills Body Pump	Jaimee	Studio 1

Wednesday		6:00 - 22:00	
6:15-7:00	Boot Camp	Fitness Coach	Upper Gym Floor
9:15-10:00	Les Mills Body Pump	Lynne	Studio 1
9:15-9:45	Core	Fitness Coach	Upper Gym Floor
10:05-11:05	Yoga - Vinyasa Flow	Helen	Studio 2
10:15-11:00	DanceFit - Line Dancing	Sandra	Studio 1
10:20-11:05	Aqua	Lynne	Small Pool
11:10-12:10	Yoga - Yin	Helen	Studio 2
11:15-12:15	L.B.T	Sandra	Studio 1
12:20-13:05	Pilates	Sandra	Studio 1
17:30-18:30	Fit Kids 4-10 yrs	Tic Toc	Tic Toc
17:35-18:20	Les Mills Body Pump	Dawn	Studio 1
18:00-18:45	Boot Camp	Tom	Studio 2
18:30-17:15	Spin	Dawn	Spin Studio

Friday		6:00 - 21:00	
6:15-7:00	Boot Camp	Fitness Coach	Upper Gym Floor
9:10-9:55	Lift & Row	Fitness Coach	Upper Gym Floor
10:05-11:05	Yoga - Hatha	Karen	Studio 2
10:05-11:05	L.B.T	Sandra	Studio 1
11:15-12:15	DanceFit	Sandra	Studio 1
11:30-12:15	Aqua	Magdalena	Small Pool
12:20-13:05	Aqua	Magdalena	Small Pool
12:30-13:00	Boot Camp	Tom	Upper Gym Floor
17:30-18:30	Les Mills Body Pump	Olga	Studio 1
18:40-19:40	Less Mills Body Balance	Elly	Studio 1

Tuesday		6:00 - 22:00	
9:10-9:55	Lift & Row	Fitness Coach	Upper Gym Floor
9:15-10:00	Spin	Stella	Spin Studio
10:05-11:05	Pilates	Sandra	Studio 2
10:15-11:00	Aqua	Stella	Small Pool
11:15-12:00	DanceFit	Sandra	Studio 1
11:15-12:15	Stretch	Stella	Studio 2
12:00-12:45	Aqua	Lynne	Small Pool
12:15-13:00	Pilates	Sandra	Studio 1
17:30-18:15	Functional Fit	Fitness Coach	Upper Gym Floor
17:45-18:45	Body Tone	Adele	Studio 1
18:50-19:35	Les Mills Body Combat	Adele	Studio 1
19:15-20:15	Boxing Circuit	Ishqha	Upper Gym Floor
19:40-20:40	Yoga	Adele	Studio 1

Thursday		6:00 - 22:00	
9:15-10:00	Les Mills Body Pump	Jaimee	Studio 1
10:05-11:05	Les Mills Body Balance	Elly	Studio 2
10:10-10:55	Spin	Jaimee	Spin Studio
10:15-11:00	L.B.T	Fitness Coach	Studio 1
11:10-12:10	Les Mills Body Combat	Jaimee	Studio 1
12:00-12:45	Aqua Zumba	Magdalena	Small Pool
13:00-13:45	Zumba Gold	Magdalena	Studio 1
18:00-18:45	Body Tone	Stella	Studio 1
18:00-18:45	Boot Camp	Fitness Coach	Upper Gym Floor
18:50-19:20	Stretch	Stella	Studio 1
19:30-20:15	Aqua	Stella	Small Pool

Saturday		8:00 - 19:00	
8:15-9:00	Functional Fit	Fitness Coach	Upper Gym Floor
8:15-9:00	Spin	Olga	Spin Studio
9:00-10:00	Boot Camp	Tom	Studio 2
9:05-10:05	Pilates	Emma	Studio 1
10:15-11:15	Zumba	Emma	Studio 1

Sunday		8:00 - 19:00	
8:45-9:30	Body Blast	Fitness Coach	Studio 1
11:30-12:15	Kettlebells	Fitness Coach	Studio 2