

Find the class that suits your lifestyle



		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
MORNING	6.30am till 10am	7.00-7.45 Gym	Spin Izzy			7.00-7.45 Gym	Spin DW Team			7.00-7.45 Gym	Spin Noel	9.00-10.00 Ki Studio	Yoga Howard	9.30-10.30 Reebok	Boxercise Junior	
				9.30-10.15 Gym	Spin DW Team			9.30-10.15 Gym	Spin DW Team				9.15-10.00 Reebok	LBT Amanda	10.00-10.45 Gym	Spin Izzy
		9.45-10.45 Reebok	Step Alison	9.30-10.30 Ki Studio	Yogalates Howard	9.15-10.00 Reebok	Pump Express Lauren	9.45-10.45 Ki Studio	Stretch & Relax DI				10.00-11.00 Ki Studio	Pilates Jo	10.30-11.30 Reebok	Zumba Sandra
		10.00-11.00 Ki Studio	Beg' Yoga Howard	9.45-10.30 Reebok	LBT Alison	10.00-11.00 Ki Studio	Yoga Liz	9.45-10.30 Reebok	Body Tone Alison	9.45-10.45 Reebok	Step Wayne	10.00-10.45 Gym	Spin Izzy			
DAYTIME	1.0am till 5pm			10.00-10.45 Pool	Aqua Hannah	10.00-11.00 Reebok	Salsa Aerobics Lauren			10.00-10.45 Pool	Aqua Izzy	10.00-11.00 Reebok	Step Wayne			
				11.00-12.00 Reebok	Zumba Sandra			10.45-11.45 Ki Studio	Pilates Howard	10.30-11.45 Ki Studio	Vinyasa-Flow Yoga Louise	11.00-12.00 Reebok	Pump Fx Amanda			
		11.30-12.30 Ki Studio	Fitness Pilates Danielle	10.30-11.30 Reebok	Tai Chi Col	11.15-12.15 Ki Studio	Pilates Lauren									
				1.00-1.45 Gym	Spin DW Team											
EVENING	5pm till 10pm	5.45-6.30 Reebok	LBT Lauren	5.45-6.30 Reebok	Aerobics Liz	5.30-6.15 Reebok	Body Tone Annabel	5.30-6.30 Ki Studio	Pilates Jo	5.45-6.30 Reebok	Body Tone Liz					
		6.30-7.30 Reebok	Step Wayne	6.30-7.30 Reebok	Pump Fx Liz	6.15-7.15 Reebok	Step Annabel	5.45-6.30 Reebok	TKO Jay	6.00-6.45 Ki Studio	Tai Chi Col					
		6.30-7.30 Gym	Spin DW Team	6.30-7.30 Ki Studio	Beg' Pilates Lauren	6.15-7.00 Pool	Aqua Zumba Sandra	6.30-7.30 Reebok	Body Tone Lauren	6.30-7.30 Reebok	Boxercise Junior					
		6.30-7.15 Pool	Aqua Amanda	6.45-7.30 Gym	Spin DW Team	6.30-7.15 Gym	Spin DW Team	6.30-7.30 Ki Studio	Hatha Yoga Lucy	6.45-7.45 Ki Studio	Ashtanga Yoga Howard					
		7.30-8.45 Ki Studio	Yoga Denise	8.00-8.45 Reebok	Dance Fit Jay	6.30-7.45 Ki Studio	Vinyasa- Flow Yoga Louise	6.45-7.30 Gym	Spin DW Team							
		7.30-8.30 Reebok	Pump Fx Amanda	8.15-9.30 Ki Studio	Ashtanga Yoga Howard	7.15-8.00 Reebok	Zumba Sandra	7.30-8.30 Reebok	Street Dance Sarah							
						8.00-9.00 Ki Studio	Fitness Pilates Lauren									

A is for Aerobic. Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.
C is for Conditioning. Improve your overall body tone, a class to condition and strengthen your body.
E is for Escape. Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.



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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
MORNING 6.30am till 10am	7.00-7.45 Gym	Spin Izzy		7.00-7.45 Gym	Spin Noel		9.00-10.00 Ki Studio	Yoga Howard	10.00-10.45 Gym	Spin Ewa		
			9.30-10.15 Gym	Spin DW Team		9.30-10.15 Gym	Spin Karl	9.15-10.00 Reebok	LBT Amanda	10.30-11.30 Reebok	Zumba Sandra	
	9.45-10.45 Reebok	Step Alison	9.30-10.30 Ki Studio	Yogalates Howard		9.45-10.45 Ki Studio	Stretch & Relax DI		10.00-11.00 Ki Studio	Pilates Jo		
10.00-11.00 Ki Studio	Beg' Yoga Howard	9.45-10.30 Reebok	LBT Alison	10.00-11.00 Ki Studio	Yoga Cheryl	9.45-10.30 Reebok	Body Tone Alison	9.45-10.45 Reebok	Step Wayne	10.00-10.45 Gym	Spin Izzy	
DAYTIME 10am till 5pm			10.00-10.45 Pool	Aqua Hannah	10.00-11.00 Reebok	Salsa Aerobics Lauren	10.45-11.45 Ki Studio	Pilates Howard	10.00-10.45 Pool	Aqua Jay	10.00-11.00 Reebok	Step Wayne
	11.30-12.30 Ki Studio	Fitness Pilates Danielle	10.45-11.45 Reebok	Zumba Sandra	11.15-12.15 Ki Studio	Pilates Lauren	10.30-11.30 Reebok	Boxercise Junior	10.30-11.45 Ki Studio	Vinyasa-Flow Yoga Louise	11.00-12.00 Reebok	Pump Fx Amanda
EVENING 5pm till 10pm	5.45-6.30 Reebok	LBT Lauren	5.45-6.30 Reebok	Aerobics Liz	5.30-6.15 Reebok	Body Tone Annabel	6.15-7.00 Reebok	Pump & Tone Lauren	5.45-6.30 Reebok	Body Tone Liz		
	6.30-7.30 Reebok	Step Wayne	6.30-7.30 Reebok	Pump Fx Liz	6.15-7.15 Reebok	Step Annabel	7.00-8.00 Reebok	Circuits DW Team	6.30-7.30 Reebok	Boxercise Junior		
	6.30-7.30 Gym	Spin DW Team	6.30-7.30 Ki Studio	Beg' Pilates Lauren	6.30-7.15 Gym	Spin DW Team	6.30-7.30 Ki Studio	Hatha Yoga Lucy				
	6.30-7.15 Pool	Aqua Amanda	6.45-7.30 Gym	Spin DW Team	6.30-7.45 Ki Studio	Vinyasa-Flow Yoga Anna	6.45-7.30 Gym	Spin Rosetta				
	7.30-8.45 Ki Studio	Yoga Denise	8.00-8.45 Reebok	Dance Fit Jay	7.15-8.00 Reebok	Zumba Sandra						
	7.30-8.30 Reebok	Pump Fx Amanda	8.15-9.30 Ki Studio	Ashtanga Yoga Howard	7.45-8.45 Ki Studio	Fitness Pilates Lauren						



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DW Sports Fitness Cambridge, Beehive Centre, Coldhams Lane CB1 3ER. Tel: 08443725353



