

Find the class that suits your lifestyle



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6.30am till 10am	6.45-7.30 Gym Floor Spinning Tasha	6.45-7.30 Studio 1 Circuits Hannah	6.45-7.30 Gym Floor Spinning Tracey	9.15- 10.00 Gym Floor Spinning Fiona	6.45-7.30 Gym Floor Spinning Tasha	9.15-10.00 Gym Floor Spinning Tracey	9.30-10.30 Studio 1 Groove FX Lyndsey - till 22/8/10
	9.15- 10.00 Pool Aqua Fit	9.30-10.30 Studio 1 Step Claire	9.30-10.30 Studio 1 Young at Heart Matty NEW	9.15-10.00 Pool AquaFit Lyndsey	9.15-10.00 Gym Floor Spinning Lyndsey		9.30-10.30 Studio 1 Zumba Kelly - from 29/8/10
	9.30-10.30 Studio 2 Circuits Hannah NEW	9.30-10.00 Gym Floor Beginners Spin Matty	9.30-10.30 Studio 2 Body Combat Karen	10.15-11.15 Studio 1 Pilates on the ball Lyndsey	10.00-11.00 Studio1 Beginners Aerobics Lyndsey		
	10.00-11.00 Studio 1 Zumba Kelly - starts 23/8/10	10.00-10.30 Studio 2 Ab Attack Hannah			11.00-11.30 Studio 1 Ab Attack Gym Team		
DAYTIME 10am till 5pm	11.00-12.00 Studio 1 Energy Balance & Relaxation Kelly	10.30-11.30 Studio 1 Pilates Claire	10.30-11.30 Studio 1 Step n Tone Lyndsey	11.15-12.00 Studio 1 Pump FX Garry	12.00-1.00 Studio 1 Pump FX Garry	10.15-11.15 Studio 1 N R G Tracey H	11.00 - 11.45 Studio 1 Cardio Combat Matty
	11.00-12.00 Studio 2 Ab Blast NEW Hannah	11.30-12.30 Studio 2 Zumba Tracey H	10.30-11.30 Studio 2 Pilates/Yoga Mix Karen	12.00-1.00 Studio 2 Pilates Claire	1.00 - 1.45 Pool Aqua fit Claire	11.30-12.30 Studio 2 Pilates Tracey H	11.45-12.00 Studio 1 Ab Attack Matty
	12.00-12.45 Studio 1 Pump FX NEW Matty	11.30-12.15 Studio 1 L B T Hannah	12.30-1.00 Gym Floor Spin Express Garry	12.00-12.30 Gym Floor Spin Express Garry		12.30-1.00 Studio 1 Ab Attack Gym team	
	1.30-2.30 Studio 1 Pilates Claire	12.30-1.30 Studio 2 Pilates Tracey H	1.00-1.30 Studio 1 Pump FX Express Garry	12.45-1.15 Studio 1 Pump FX Express Garry			
	5.30-6.30 Studio 1 LBT Hannah		1.30-2.00 Studio 1 Ab Attack Garry	1.15-1.45 Studio 1 Ab Attack Garry			
EVENING 5pm till 10pm	6.30-7.15 Studio 2 Body Combat Lyndey	5.45-6.45 Studio 1 Circuits Matty	6.00-6.45 Pool AquaFit Rachel	6.00-6.45 Gym Floor Spinning Tracey H	6.30- 7.15 Gym Boxercise Matty		
	6.00-7.00 Studio 1 Pump FX NEW Grant	6.00-6.45 Gym Floor Spinning Karen	5.30-6.30 Studio 1 Body Combat Karen	6.15-7.15 Studio 1 Zumba Kelly starts 26/8/10	5.30-6.30 Studio 2 Ab Attack Garry		
	6.30-7.15 Gym Floor Spinning Tracey H	7.00-8.00 Studio 1 Body Combat Karen	6.30-7.30 Studio 1 Body Toning Grant	7.15-8.15 Studio 1 Pump FX Matty	6.30-7.30 Studio 2 Beginners Pump FX Garry		
	7.20-8.05 Gym Floor Spinning Tracey H	6.45-7.45 Studio 2 Strength & Tone Dean	6.30-7.30 Studio 2 Power Yoga Steve	7.00-8.00 Studio 2 N R G Tracey H	7.45-8.30 Gym Beginners Spinning Garry		
	7.30-8.00 Studio 1 Total Toning Matty		7.45-8.45 Studio 1 Attack John	7.00-7.30 Gym Floor Beginners Spinning Garry			
	8.00 -8.30 Studio 1 Ab Attack Matty		7.30 8.30 Studio 2 Body Combat Lyndsey	8.00-9.00 Studio 2 Pilates Tracey H			
	8.15- 9.00 Studio 2 Pilates Tracey H		7.30-8.15 Gym Spinning Garry				

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.



DW Sports Fitness Carlisle, Currock Road Carlisle Tel: 0844 3725359