

Stockton North Timetable

AUTUMN 2013

MON	SPIN 06:15 - 07:00	ZUMBA 10:00 - 10:45	FREESTYLE YOGA 11:00 - 11:45		ABS 17:00 - 17:30	PUMP 17:45 - 18:45	myride+ 18:00 - 19:00	CIRCUITS 19:00 - 20:00	myride+ 19:15 - 20:15
TUES	CIRCUIT 06:15 - 07:00	STEP 10:00 - 10:45	PILATES 11:00 - 11:45		ABS 17:00 - 17:30	FITBALL/PILATES 17:45 - 18:45	SPIN 18:00 - 19:00	BODY PUMP 19:00 - 20:00	myride+ 19:15 - 20:15
WED	SPIN 06:15 - 07:00	ZUMBA 10:00 - 10:45	BODY BALANCE 11:00 - 11:45	ABS 17:00 - 17:30	METAFIT 17:45 - 18:15	myride+ 18:00 - 19:00	BODY TONE 18:15 - 19:00	BOXERCISE 19:15 - 20:00	myride+ 19:15 - 20:15
THU	CIRCUIT 06:15 - 07:00	BODY TONE 10:00 - 10:45	METAFIT 11:00 - 11:45			BUMS & TUMS 17:45 - 18:45	myride+ 18:00 - 19:00	BODY PUMP 19:00 - 20:00	myride+ 19:15 - 20:15
FRI	myride+ 06:15 - 07:00	BODY PUMP 10:00 - 10:45	ZUMBA 11:00 - 11:45			BODY PUMP 17:45 - 18:45	SPIN 18:00 - 19:00	BODY ATTACK 19:00 - 20:00	myride+ 19:15 - 20:15
SAT		AEROBICS 10:00 - 10:45	STOMP FX 11:00 - 11:45						
SUN									

KEY

- Cardio Workout
- Strength & Tone
- Mixed
- Dance Class
- Relaxation & Flexibility
- Virtual Spin



OPENING HOURS: MON - FRI 06:00 - 22:00
SAT & SUN 08:00 - 20:00

XERCISE4LESS.CO.UK