



OUTDOOR CLASS TIMETABLE UNTIL 16/05/21

Hanley

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sculpt Outside - Bev F 10:00-10:45	Total Tone Outside - Hayley H 18:00-19:00	Body Bliz Outside - Anita 10:00-10:45	LBT Outside - Anita C 17:30-18:15	Body Bliz Outside - Anita C 09:30-10:15	Outdoor Cycle Outside - Anita C 09:00-09:45
Outdoor Cycle Outside - Anita C 17:45-18:30		Outdoor Cycle Outside - Bev F 18:15-19:00	Outdoor Cycle Outside - Anita C 18:30-19:15	Outdoor Cycle Outside - Anita C 10:30-11:15	Outdoor Cycle Outside - Anita C 10:00-10:45
Body Bliz Outside - Anita C 18:45-19:30					

Newcastle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Body Blast Outside - Oliver K 10:15-11:00	Low Impact Aerobics Outside - Shaun H 10:00-10:45	Salsa Aerobics Outside - Shaun H 10:00-11:00	Aerotone Outside - Anita C 09:45-10:30	Outdoor Cycle Outside - Rach S 18:30-19:15	Outdoor Cycle Outside - Rach S 09:30-10:15
HIIT The Ground Running Outside - Rachel S 17:45-18:30	Outdoor Cycle Outside - Rachel S 18:30-19:15	HIIT The Ground Running Outside - Rachel S 17:45-18:45	Body Bliz Outside - Anita C 10:30-11:15		
			Outdoor Cycle Outside - Oliver K 17:45-18:30		Outdoor Cycle Outside - Oliver K 09:00-09:45
					Aerotone Outside - Shaun H 10:00-11:00

Please call 01782 210210 for Hanley and 01782 667900 for Newcastle to book in for your classes.
Or book via our website <http://mclubspaandfitness.co.uk/classes/> using your Email and DOB as login details.

Key: Strength & Tone Cycling Intense Conditioning