

Topnotch Health Club

Current Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7.15 to 7.45 Spin Express Mike			7.15 to 7.45 Spin Express Chris	9.30 to 10.20 Spin KT	9.30 to 10.00 Spin Express Mike
10.00 to 11.00 Body Pump Adele				10.00 to 11.00 Body Balance KT	10.30 to 11.30 Body Pump KT	10.00 to 11.00 Body Combat Jem/Paul
			12.00 to 12.30 Spin Express Kyle		11.40 to 12.40 Body Balance Jade	
12.15 to 13.00 Body Balance Adele	12.30 to 13.00 Spin Express Chris	12.30 to 13.15 Body Combat KT	12.30 to 13.15 Pilates Catia	12.30 to 13.30 Body Pump Adele		
13.00 to 13.30 Spin Express Sam	13.05 to 13.25 Just Abs Chris					
17.30 to 18.15 Body Pump KT	17.10 to 17.30 Just Abs Gym Team		17.40 to 18.40 Circuits Mike	17.30 to 17.50 Just Abs Gym Team		
18.15 to 18.45 Spin Express KT	17.40 to 18.25 Circuits Mike	18.00 to 19.00 Body Pump Zoe	18.45 to 19.30 Spin Wayne	18.00 to 18.45 Body Balance KT		
18.15 to 19.15 Body Sculpt Jo	18.30 to 19.15 Body Combat KT	18.15 to 19.00 Spin Mike	18.45 to 19.15 Just Abs Gym Team			
19.30 to 21.00 Yoga Sangita	19.15 to 20.00 Spin Kyle/Ricky	19.00 to 19.45 Boxercise Wayne	19.30 to 21.00 Yoga Sangita			
19.00 to 21.00 Muay Thai/Boxing(£) Enquire @ reception	19.30 to 21.00 Karate Club Enquire @ reception	19.00 to 21.00 Muay Thai/Boxing(£) Enquire @ reception	19.00 to 21.00 Muay Thai/Boxing(£) Enquire @ reception			

Colour Code:

Muscular Strength
Lifestyle
Circuits
Core
Martial Arts
Spin