

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO	
06.05-06.50 Reshape	Ultimate	06.05-06.50 Battle	Ultimate	07.15-07.45 Circuits	Lucy M	06.30-07.00 Les Mills Core	Brad	06.30-07.30 BodyPump	Brad	08.00-08.45 Battle	Ultimate
07.00-07.30 GRIT	Holly	07.15-07.45 Abs Blast	Mickey	08.00-08.45 Boxercise	Neil	09.15-10.00 LBT	Tracy C	07.45-08.15 GRIT	Brad	09.15-10.00 Circuits	Staff
08.15-09.00 Battle	Ultimate	08.15-09.00 LBT	Tracy C	09.15-10.15 BodyCombat	Mickey	10.30-11.30 BodyPump	Holly	09.15-10.15 LBT	Denise	10.15-11.15 Body Combat	Robin
09.15-10.00 Battle	Ultimate	09.15-10.00 LBT	Tracy C	10.30-11.30 BodyPump	Brad	11.45-12.45 LatinoAerobics	Marica	10.30-11.30 Boxercise	Neil	11.30-12.30 BodyPump	Robin
10.15-11.15 BodyCombat	Mickey	10.15-11.15 BodyCombat	Neil	18.00-18.30 GRIT	Brad	17.30-18.00 BeatBox	Iain	17.30-18.15 Body Combat	Robin		
17.30-18.00 GRIT	Brad	11.45-12.45 Body Balance	Sarah	18.40-19.10 Les Mills Core	Brad	18.15-19.00 BodyCombat	Neil	18.30-19.30 Power Hour	Ultimate		
18.15-19.15 BodyCombat	Neil	17.45-18.30 Bodypump Express	Holly	19.20-20.20 Bodypump	Jez	19.15-20.00 Battle	Ultimate				
19.30-20.30 BodyPump	Jemma	18.45-19.15 HIIT	Mickey								
		19.30-20.30 Body Attack	Robin								
SPIN STUDIO		SPIN STUDIO		SPIN STUDIO		SPIN STUDIO		SPIN STUDIO		SPIN STUDIO	
06.30-07.00 Spin	Allan	06.30-07.00 Spin	Thierry	06.30-07.00 Spin	Lucy M	06.50-07.20 Ride	Ultimate	06.05-06.50 Metcon	Ultimate		
07.45-08.15 Sprint	<i>Virtual</i>	09.30-10.15 BuggyBabies Spin & Abs	Gilly	09.30-10.15 RPM	Jag	09.30-10.15 Cardio Core	Ultimate	10.00-10.30 BuggyBabies Spin	Gilly		
09.15-10.00 Spin	Thierry	11.15-11.45 BuggyBabies Spin	Gilly	11.00-12.00 BuggyBabies Spin & Abs	Gilly	11.00-11.45 The Trip	<i>Virtual</i>	18.30-19.15 RPM	Robin		
17.30-18.00 RPM	Gilly	17.30-18.00 Spin	Gilly	18.00-18.30 Spin	Allan	18.15-18.45 Spin	Jag				
18.30-19.15 Cardio Core	Ultimate	18.15-19.00 Ride	Ultimate	18.40-19.10 Sprint	Allan						
MIND & BODY STUDIO		MIND & BODY STUDIO		MIND & BODY STUDIO		MIND & BODY STUDIO		MIND & BODY STUDIO		#BASE	
07.00-08.00 Flow Yoga	Lucy P	06.30-07.30 Flow Yoga	Lucy P	07.00-08.00 Pilates	Jag	07.00-08.00 Flow Yoga	Emily	07.00-08.00 Yin Yoga	Lucy P	08.00-08.45 Battle	Ultimate
09.15-10.00 Piloxing	Tracy C	09.00-09.45 Dance Aerobics	Clare	09.15-10.15 Flow Yoga	Emily	09.15-10.15 Tai Chi	Tom	09.00-10.00 Dance Aerobics	Clare	09.00-10.00 BodyAttack	Robin
10.45-11.45 Yoga	Cat	10.00-11.00 Pilates	Annalie	10.30-11.15 Swiss Ball	Robin E	10.30-11.30 Pilates	Michelle	10.15-11.15 Olit	Marica	10.10-10.55 Lift	Ultimate
12.00-13.00 Yoga	Jen	11.15-12.00 BarreFitness	Annalie	11.30-12.30 Nia	Jane	11.45-12.45 Yoga	Lucy P	11.30-12.30 Pilates	Marica		
13.15-14.15 Pilates	Jag	12.15-13.15 Hot Yoga	Sasha	13.15-13.45 Postnatal Yoga	Sasha	18.00-19.00 Pilates	Marica	12.45-13.30 BarreFitness	Lucy P		
18.25-19.25 Clubbercise	Toni	18.00-19.00 Zumba	Sabina	18.30-19.30 Yoga	Jane	19.15-20.15 Yoga	Kirsty	13.45-14.15 Postnatal Yoga	Sasha		
19.30-20.30 Pilates	Marica	19.15-20.00 Hot Yoga	Jen	19.45-20.45 Dance Aerobics	Clare			19.00-20.00 Family Jiu Jitsu	Shane		
		20.15-21.15 Yin Yoga	Jen								
SWIMMING POOL		SWIMMING POOL		SWIMMING POOL		SWIMMING POOL		SWIMMING POOL		SWIMMING POOL	
10.30-11.15 Aqua	Nicky	10.30-11.15 Aqua	Tracy C	10.30-11.15 Aqua	Skye	10.30-11.15 Aqua	Skye	10.30-11.15 Aqua	Denise		
		18.35-19.20 Aqua	Georgi			18.35-19.20 Aqua	Skye	14.05-14.50 Aqua	Clare M		
#BASE		#BASE		#BASE		#BASE		#BASE		#BASE	
07.00-07.30 Ulitmate 360	Ultimate	07.00-08.00 Hyrox	Michelle	06.05-06.45 Lift	Ultimate	06.05-06.50 Lift	Ultimate	17.30-18.15 Lift	Ultimate		
12.00-13.00 BuggyBabies Circuits	Gilly	12.00-12.30 BuggyBabies HIIT	Gilly	07.00-07.30 Ultimate 360	Ultimate	18:10-19:10 Hyrox	Iain	18:30-19:30 Hyrox	Faye		
19.30-20.15 Reshape	Ultimate	18.00-19.00 Boxing Circuits	Jodee	18.15-19.00 Lift	Ultimate						
		19.15-20.00 Ultimate 360	Ultimate	19.15-20.00 Kettlebells	Ultimate						
STRETCH AREA		COURT 4		STRETCH AREA		STRETCH AREA		STRETCH AREA		STRETCH AREA	
12.00-12.45 Strength & Balance	Jag	06.05-06.50 Body Weights Circuits	Mickey	11.00-11.45 Strength & Balance	Jag						

*VIRTUAL CLASSES DO NOT NEED TO BE BOOKED

BOOK YOUR CLASS TODAY

ONLINE: theshrewsburyclub.co.uk CALL: 01743 467755