



# MEET THE TEAM!

**MARCUS**

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**MABEL**

**TILLY**

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**KAROLINA**

**EMMA**

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**CHLOE**

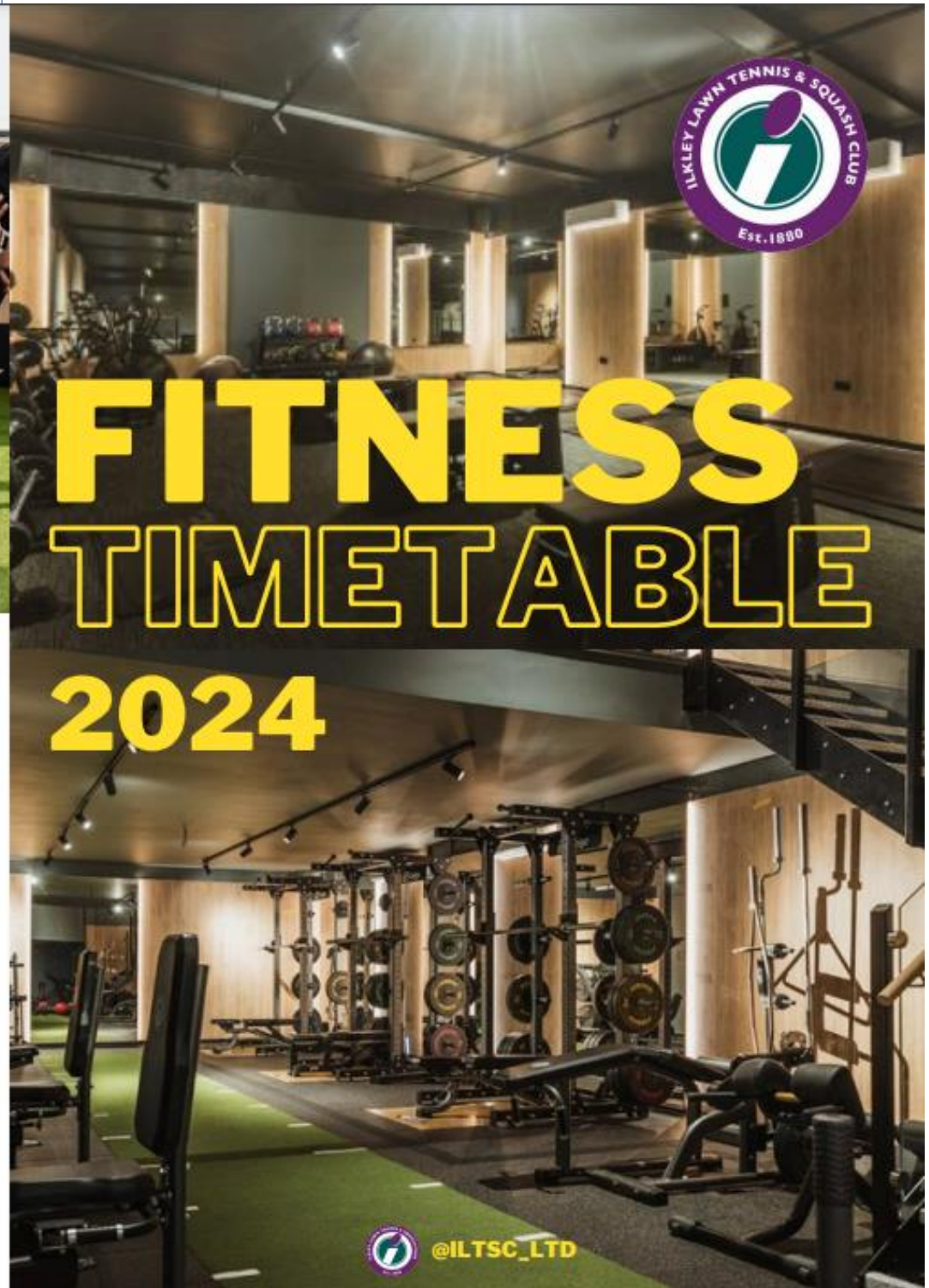
**TEZ**

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**GARETH**



# FITNESS TIMETABLE 2024



@ILTSC\_LTD



# CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SPIN</b> 7.15AM WITH SARH	<b>METCON</b> 6.30AM WITH RAZ		<b>METCON</b> 6.10AM WITH RAZ			
<b>SPIN</b> 8.15AM WITH SARAH	<b>SPIN</b> 7.15AM WITH SARAH	<b>SPIN</b> 7.15AM WITH EMMA	<b>VELOCITY</b> 7.15AM WITH GARETH	<b>VELOCITY</b> 7.15AM WITH MABEL	<b>SPIN</b> 8.15AM	<b>SPIN</b> 8.30AM WITH JONATHAN
<b>MOVE FREELY</b> 8.15AM WITH SANDY	<b>ONE BODY STRENGTH</b> 7.00AM WITH EMMA	<b>VELOCITY</b> 7.15AM WITH CHLOE	<b>ONEBODY STRENGTH</b> 7.00AM WITH EMMA	<b>SPIN</b> 8.00AM WITH SARAH	<b>BODYATTACK</b> 9.00AM WITH JONATHAN	<b>BODYPUMP</b> 9.30AM WITH ADELA
<b>LBT</b> 9.15AM WITH SARAH	<b>TOTAL TONE</b> 8.15AM WITH SARAH	<b>VINYASSA FLOW YOGA</b> 7.15AM WITH CLAIRE ROO	<b>BODYBURN</b> 8.00AM WITH KIARA	<b>BODYPUMP</b> 8.15AM WITH CLAIRE	<b>SPIN</b> 9.15AM	<b>SPIN</b> 9.30AM WITH JONATHAN
<b>SPIN</b> 9.15AM WITH CLAIRE	<b>HATHA YOGA</b> 9.15AM WITH CHLOE	<b>PEAK POSTURE</b> 8.15AM WITH EMMA	<b>SPIN</b> 8.00AM WITH REBECCA	<b>VELOCITY</b> 9.00AM WITH MABEL	<b>BODYPUMP</b> 10.15AM REBECCA/ JONATHAN	<b>YOGA</b> 10.45AM WITH CHLOE
<b>PILATES</b> 10.15AM WITH JO	<b>SPIN</b> 9.30AM WITH CLAIRE	<b>SPIN EXPRESS</b> 8.30AM WITH JO	<b>PIYO</b> 9.00AM WITH REBECCA 8256563208	<b>SPIN</b> 9.00AM WITH SARAH		<b>YOGA</b> 11.45AM WITH CHLOE
<b>LIFT</b> 10.15AM TILLY+ MARCUS	<b>BODYPUMP</b> 10.30AM WITH CLAIRE	<b>SPIN</b> 9.15AM WITH JO	<b>SPIN</b> 9.00AM WITH KIARA	<b>METAFIT</b> 9.30AM WITH CLAIRE		
<b>EASY RIDER (SPIN)</b> 11.20AM WITH CLAIRE	<b>PILATES</b> 11.30AM WITH ELE	<b>BODYPUMP</b> 9.30AM WITH CALIRE	<b>POWER UP</b> 9.30AM WITH ELE	<b>PILATES</b> 10.15AM WITH JO		
<b>PILATES</b> 11.20AM WITH JO		<b>EASY RIDER (SPIN)</b> 10.45AM WITH CALIRE	<b>PILATES</b> 10.00AM WITH REBECCA			
<b>PILATES</b> 11.20AM WITH MICHELLE		<b>YOGA</b> 10.45AM WITH SANDI	<b>LIFT</b> 10.15AM TILLY+ MARCUS			
<b>PEAK POSTURE</b> 4.30PM WITH EMMA	<b>BODYPUMP</b> 5.30PM WITH CLAIRE		<b>PULSE PILATES</b> 11AM WITH ELE	<b>PILATES</b> 5.15PM WITH EUCENIE		
<b>BODYATTACK</b> 5.30PM WITH JONATHAN	<b>SPIN</b> 5.30PM WITH GARETH	<b>PILATES</b> 5.15PM WITH EUCENIE		<b>VELOCITY</b> 6.00PM WITH TILLY		
<b>SPIN EXPRESS</b> 5.45PM WITH EMMA	<b>SPIN EXPRESS</b> 6.30PM WITH GARETH	<b>HYBRID OUTDOOR FIT</b> 6.00PM WITH RAZ	<b>BODYPUMP</b> 5.30PM WITH JONATHAN 8147268958	<b>ALAIQN YOGA</b> 6.15PM WITH EMMA		
<b>BOXERCISE</b> 6.30PM WITH JONATHAN	<b>VELOCITY</b> 6.30PM WITH MABEL	<b>BODYPUMP</b> 6.15PM WITH CLAIRE	<b>SPIN</b> 5.30PM WITH GARETH	<b>RELAX AND RESTORE YOGA</b> 7.15PM WITH EMMA		
<b>SPIN</b> 6.30PM WITH EMMA	<b>YOGA</b> 6.45PM WITH CLAIRE	<b>PILATES FOUNDATIONS</b> 6.15PM WITH EUCENIE	<b>PILATES</b> 6.45PM WITH EUCENIE			
<b>VELOCITY</b> 7.00PM WITH MABEL	<b>PILATES</b> 7.30PM WITH JO	<b>SPIN</b> 6.00PM WITH ABI	<b>SPIN</b> 6.45PM WITH JONATHAN			
<b>PURE STRETCH</b> 7.30PM WITH EMMA		<b>VINYASSA YOGA</b> 7.25PM WITH CALIRE ROO	<b>ADVANCED PILATES</b> 7.45PM WITH SANDY			