



## CLASS TIMETABLE

### MONDAYS

09:30 TOTAL BODY (60MIN) – KIRSTY  
19:00 BOOTCAMP (60MIN) – SALLY  
20:15 CLUBBERCISE (45min) – KIRSTY

### TUESDAYS

06:15 RISE & SHINE SPIN (45MIN) – ALISON  
09:30 BARBELL PUMP (60MIN) – SALLY  
13:15 ONE FIT MAMA £5 - WITH CHILDREN UP TO 4 YEARS (45MIN) – LOUISE  
19:15 SPIN (45MIN) – LORRAINE  
19:00 BARBELL PUMP (60MIN) - LAURA

### WEDNESDAYS

09:30 BOOTCAMP (60MIN) – SALLY  
19:00 BOXFIT (60MIN) - SALLY  
19:00 YOGA (60MIN) – MICHELLE  
20:15 ZUMBA (45MIN) – LORRAINE

### THURSDAYS

10:00 ONE FIT MAMA £5 – WITH CHILDREN UP TO 4 YEARS (60MIN) – LOUISE  
18:30 BODY BLAST (60MIN) - SALLY  
19:00 SPIN (45MIN) – DEBBIE  
19:45 ABS BLAST (20MIN) - DEBBIE  
19:45 HIITCAMP (30MIN) – MICHELLE  
20:15 STRETCH & MOBILITY (30MIN) – MICHELLE

### FRIDAYS

09:30 BODY TONING (60MIN) - SALLY

### SATURDAYS

9:00 YOGA (60MIN) – MICHELLE  
10:00 BARBELL PUMP (60MIN) – LAURA  
09:30 SPIN JAM (45MIN) – MICHELLE  
10:15 ABS BLAST (15MIN) – MICHELLE

### SUNDAYS

09:00 PILATES (45MIN) – ALISON

**MEMBERS CAN BOOK CLASSES ON OUR APP, ONLINE AT [WWW.ELITEFITNESSESSEX.CO.UK](http://WWW.ELITEFITNESSESSEX.CO.UK) OR CALL US ON 01702 543333**