



GRAVESEND

CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45							
10:00 - 10:45	BootyCamp Adam	Body Pump Les Mills Donna	Body Combat Les Mills Hannah W	Body Pump Les Mills Hannah W			
11:00 - 11:30	NRG Core Adam						
11:30 - 12:15							
18:30 - 19:15	Indoor Cycling Adam GX Instructor	Indoor Cycling PT Led	Boxercise Adam	Tai Boxing Adam GX Instructor			
19:30 - 20:15		Zumba Strong GX Led Sarah	Zumba Strong GX Led Sarah				
20:20 - 21:00		NRG Step GX Led Sarah	NRG Step GX Led Sarah				