

ONLINE CLASS TIMETABLE

DAY	TIME	INSTRUCTOR	CLASS
MONDAY	07:30 - 08:00	CALLUM	SPIN EXPRESS
	09:00 - 09:45	CALLUM	HIIT
	10:45 - 11:30	LAURA	ZUMBA
	11:35 - 12:20	LAURA	AQUA
	17:00 - 17:45	ANDREW	CIRCUITS
	18:00 - 18:45	ANDREW	BARBELL BLAST
TUESDAY	09:00 - 09:45	ANDREW	PT SPECIAL
	10:00 - 10:45	ANDREW	CIRCUITS
	17:00 - 17:45	TRACY	PILATES
	18:15 - 19:15	TERRI	CIRCUITS
WEDNESDAY	08:45 - 09:30	ANDREW	PT SPECIAL
	09:40 - 10:25	LAURA	STEP AEROBICS
	10:30 - 11:15	LAURA	AQUA
	17:00 - 17:45	TRACY	STRETCH & RELAX
	18:00 - 18:45	TRACY	PILATES
THURSDAY	08:00 - 08:45	ANDREW	HIIT
	09:00 - 09:45	LAURA	AQUA
	09:00 - 09:45	ANDREW	PT SPECIAL
	17:00 - 17:45	CALLUM	CIRCUITS
	18:00 - 18:45	CALLUM	SPIN EXPRESS
FRIDAY	09:00 - 09:45	TRACY	STRETCH & RELAX
	10:00 - 10:45	TRACY	PILATES
	17:00 - 17:45	CALLUM	BOXING FITNESS
	18:00 - 18:45	CALLUM	SPIN
SATURDAY	09:00 - 09:45	TERRI	CIRCUITS

To book a class please email thegym@the-wiltshire.co.uk and state which class or classes you would like to attend.

Please do not undergo any classes if you have an injury or are recovering from surgery. All classes can be adapted to suit certain levels and fitness abilities, please talk to a member of the gym team beforehand.