

SPORT@GOSFORTH CLASS TIMETABLE *SEPTEMBER 2020*

Day	Class	Time	Venue	Duration
Monday	HIIT	5:15pm	Gymnasium	45mins
	Zumba	6:00pm	Sports Hall	60mins
	Spin	6.15pm	Dance Studio	45mins
Tuesday	Muscle Mix	7.00am	Gymnasium	45mins
	Pilates	4.30pm	Gymnasium	60mins
	Tabata	5:45pm	Gymnasium	45mins
Wednesday	Spin	7:00am	Dance Studio	45mins
	Zumba Step	6.15pm	Gymnasium	45mins
	Spin	6:30pm	Dance Studio	45mins
Thursday	Spin	7.00am	Dance Studio	45mins
	Pilates	5:00pm	Gymnasium	45mins
	Spin	6:00pm	Dance Studio	45mins
	Strength Circuits	7:00pm	Fitness Suite	45mins
	Pilates	7:00pm	Gymnasium	45mins
Friday	HIIT	7:00am	Gymnasium	45mins
	Box Fit	5:00pm	Gymnasium	45mins
	Zumba	6:00pm	Sports Hall	60mins
Saturday	Ultimate Workout	8:00am	Fitness Suite	45mins
	Spin	9:00am	Dance Studio	60mins
	Pilates	9:00am	Gymnasium	60mins
Sunday	Kettlebells	9:00am	Gymnasium	45mins
	Tabata	10:00am	Gymnasium	45mins