

WYE LEISURE

Herefordshire's Premier Health & Leisure Club

GYMATHON CLASS TIMETABLE

Time	Class Type	Instructor	Location
07:00	Barre Concept	Rebecca White	Studio 1
<i>07:45</i>	<i>Yoga</i>	<i>Juliet Gallagher</i>	<i>Studio 2</i>
08:30	Zumba	Rebecca White	Studio 1
<i>09:15</i>	<i>Ab Blast</i>	<i>Jon Atkinson</i>	<i>Studio 2</i>
10:00	Spin®	Mark Zwiers	Studio 1
<i>10:45</i>	<i>Pilates</i>	<i>Lisa Quinn</i>	<i>Studio 2</i>
11:30	Spin®	Jon Atkinson	Studio 1
<i>12:15</i>	<i>H.I.I.T</i>	<i>Lisa Quinn</i>	<i>Studio 2</i>
13:00	Spin®	Rachel Griffiths	Studio 1
<i>13:45</i>	<i>Yoga</i>	<i>Ian Lloyd</i>	<i>Studio 2</i>
14:30	Spin®	Olly Kitching	Studio 1
<i>15:15</i>	<i>H.I.I.T</i>	<i>Rachel Griffiths</i>	<i>Studio 2</i>
16:00	Spin® Circuits	Olly Kitching	Studio 1
<i>16:45</i>	<i>Pilates</i>	<i>Lisa Quinn</i>	<i>Studio 2</i>
17:30	Spin	Rachel Griffiths	Studio 1
<i>18:15</i>	<i>Yoga</i>	<i>Jessica Lamerton</i>	<i>Studio 2</i>

SATURDAY 20th OCTOBER 2018

£5.00 PER CLASS

**ALL BOOKINGS TO BE MADE THROUGH WYE
LEISURE RECEPTION**

TEL: 01432 860860


Providing real hair wigs for children suffering with hair loss

**IN AID OF THE LITTLE
PRINCESS TRUST**

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