Edinburgh Napier University Sports Centre: Fitness Class Timetable

Commencing Monday 6th June 2011

Monday	
Spinning	07.30 – 08.15 (45 minutes)
Spinning	12.15 – 12.45 (30 minutes)
Spinning	13.15 – 13.45 (30 minutes)
Body Pump	17.00 – 18.00 (60 minutes)
Body Combat	18.15 – 19.15 (60 minutes)
Zumba	19.20 – 20.20 (60 minutes)
Tuesday	
Body Pump	07.30 – 08.15 (45 minutes)
Spinning	12.15 – 12.45 (30 minutes)
Spinning	13.15 – 13.45 (30 minutes)
Zumba	17.00 – 18.00 (60 minutes)
Body Pump	18.15 – 19.15 (60 minutes)
Body Combat	19.20 – 20.20 (60 minutes)
Wednesday	
Spinning	07.30 – 08.15 (45 minutes)
Thump Boxing	12.15 – 12.45 (30 minutes)
Core	13.15 – 13.45 (30 minutes)
Body Combat	17.00 – 18.00 (60 minutes)
Body Attack	18.15 – 19.15 (60 minutes)
Thursday	
Body Pump	07.30 – 08.15 (45 minutes)
Core	12.15 – 12.45 (30 minutes)
Thump Boxing	13.15 – 13.45 (30 minutes)
Spinning	17.00 – 17.45 (45 minutes)
Friday	
Spinning	07.30 – 08.15 (45 minutes)
Spinning	12.15 – 12.45 (30 minutes)
Spinning	13.15 – 13.45 (30 minutes)
Body Combat	17.00 – 18.00 (60 minutes)
Body Attack	18.15 – 19.15 (60 minutes)
Circuit	19.20 – 20.20 (60 minutes)
Saturday	
Strong Man	11.00 – 12.00 (60 minutes)
Sunday	