

## JUST GYM

CLASSES



SPIN		YOGA	BT	PUMP
	CHOOSE	THE CLASS	FORYOU	

MON	SPIN	LBT	PUMP	HIIT
	06:00 - 07:00	10:00 - 11:00	13:00 - 14:00	18:00 - 19:00
	Lindsay	Lindsay	Lewis	Phil
TUE	HIIT	YOGA	LBT	SPIN
	06:00 - 07:00	10:00 - 11:00	13:00 - 14:00	18:00 - 19:00
	Lewis	Courtney	Lindsay	Diane
	SPIN	LBT	PUMP	HIIT
	06:00 - 07:00	10:00 - 11:00	13:00 - 14:00	18:00 - 19:00
	Lindsay	Lindsay	Lewis	Phil
THU	HIIT	YOGA	LBT	SPIN
	06:00 - 07:00	10:00 - 11:00	13:00 - 14:00	18:00 - 19:00
	Lewis	Courtney	Lindsay	Diane
FRI	SPIN	LBT	PUMP	HIIT
	06:00 - 07:00	10:00 - 11:00	13:00 - 14:00	18:00 - 19:00
	Lindsay	Lindsay	Lewis	Phil
SAT	YOGA 07:00 - 08:00 Courtney	PUMP 11:00 - 12:00 Lewis	HIIT 16:00 - 17:00 Lindsay	
SUN	YOGA 07:00 - 08:00 Courtney	PUMP 11:00 - 12:00 Lewis	HIIT 16:00 - 17:00 Lindsay	



