



JUST GYM

CLASSES



SPIN

HIIT

YOGA

LBT

PUMP

CHOOSE THE CLASS FOR YOU

MON	SPIN 06:00 - 07:00 Lindsay	LBT 10:00 - 11:00 Lindsay	PUMP 13:00 - 14:00 Lewis	HIIT 18:00 - 19:00 Phil
TUE	HIIT 06:00 - 07:00 Lewis	YOGA 10:00 - 11:00 Courtney	LBT 13:00 - 14:00 Lindsay	SPIN 18:00 - 19:00 Diane
WED	SPIN 06:00 - 07:00 Lindsay	LBT 10:00 - 11:00 Lindsay	PUMP 13:00 - 14:00 Lewis	HIIT 18:00 - 19:00 Phil
THU	HIIT 06:00 - 07:00 Lewis	YOGA 10:00 - 11:00 Courtney	LBT 13:00 - 14:00 Lindsay	SPIN 18:00 - 19:00 Diane
FRI	SPIN 06:00 - 07:00 Lindsay	LBT 10:00 - 11:00 Lindsay	PUMP 13:00 - 14:00 Lewis	HIIT 18:00 - 19:00 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	

