



FRITTON LAKE

**STUDIO TIMETABLE**

Please note the gym is closed during Yoga sessions.

	<b>STUDIO TIMETABLE</b> Please note the gym is closed during Yoga sessions.		
<b>Monday</b>	<b>07:00 – 21:00</b> Gym Open All Day		
<b>Tuesday</b>	<b>07:00 – 21:00</b> Gym Open All Day	<b>10:00 -11:00</b> Dance Fit	<b>11:00 - 11:30</b> Full Body Sculpt
<b>Wednesday</b>	<b>07:00 – 21:00</b> Gym Open All Day		<b>10:30 -11:30</b> Booty Barre
<b>Thursday</b>	<b>07:00 – 21:00</b> Gym Open * <b>closed during Yoga</b>		<b>09:30 – 10:30</b> Yoga
<b>Friday</b>	<b>07:00 – 21:00</b> Gym Open All Day		
<b>Saturday</b>	<b>08:00 – 21:00</b> Gym Open All Day		<b>10:30 – 11:30</b> Pilates
<b>Sunday</b>	<b>08:00 – 21:00</b> Gym Open All Day * <b>closed during Yoga</b>		<b>10:00 – 11:00</b> Yoga