

# Livingston Studio Timetable



<b>Monday</b>		
Time	Program	Location
17:30 - 18:15 PM	Boxercise	Studio1
18:30 - 19:15 PM	Spin	Spin
18:30 - 19:30 PM	Aerobics Blitz	Studio1
19:40 - 20:40 PM	Body Pump	Studio1
<b>Tuesday</b>		
10:30 - 11:15 AM	Aerobics	Studio1
12:30 - 13:00 PM	Spin	Spin
17:30 - 18:15 PM	Legs, Bums & Tums	Studio1
18:20 - 19:20 PM	Body Step	Studio1
18:30 - 19:00 PM	Spin	Spin
19:20 - 20:20 PM	Body Combat	Studio1
<b>Wednesday</b>		
18:00 - 19:00 PM	Body Combat	Studio1
18:30 - 19:15 PM	Spin	Spin
19:05 - 20:05 PM	20/20/20	Studio1
20:10 - 21:10 PM	Pilates	Studio1
<b>Thursday</b>		
10:30 - 11:15 AM	Aerobics	Studio1
12:30 - 13:00 PM	Spin	Spin
17:30 - 18:15 PM	Legs, Bums & Tums	Studio1
18:15 - 18:30 PM	Body Pump Technique	Studio1
18:30 - 19:30 PM	Body Pump	Studio1
18:30 - 19:00 PM	Spin	Spin
<b>Friday</b>		
10:30 - 11:15 AM	Core Stability	Studio1
17:00 - 17:30 PM	Spin	Spin
18:15 - 19:15 PM	Yoga	Studio1
<b>Saturday</b>		
10:15 - 11:15 AM	Body Combat	Studio1
11:15 - 11:30 PM	Body Pump Technique	Studio1
11:30 - 12:30 PM	Body Pump	Studio1
<b>Sunday</b>		
10:00 - 11:00 AM	Body Step	Studio1
12:15 - 12:45 PM	Spin	Spin