

<b><u>Monday</u></b>	07:00 - 08:00	Yoga	Studio	Kriti
	08:30 - 09:15	Aqua	Pool	Yukiko
	10:30 - 11:30	POUND	Studio	Simona
	11:45 - 12:30	Body Pump	Studio	Margo
	11:45 - 12:30	Spin	Spin Studio	Rakhi
	18:00 - 19:00	Zumba	Studio	Simona
	19:00 - 20:00	Pilates	Studio	Adreinn
	20:15 - 21:00	Spin	Spin studio	Mike
	20:00 - 21:30	MMA Fitness	Studio	Milan

<b><u>Tuesday</u></b>	06:45 - 07:30	Body Pump	Studio	Margo
	09:45 - 10:30	Spin	Spin Studio	Rakhi
	10:45 - 11:30	Aqua	Pool	Rakhi
	11:00 - 12:00	Zumba	Studio	Simona
	17:45 - 18:30	Body Pump	Studio	Margo
	18:30 - 19:30	Zumba	Studio	Yukiko
	19:30 - 20:30	Deepwork	Studio	Adrienn

<b><u>Wednesday</u></b>	07:00 - 08:00	Yoga	Studio	Kriti
	10:30 - 11:30	Zumba	Studio	Yukiko
	11:30 - 12:30	Body Tone	Studio	Yukiko
	17:45 - 18:30	Aqua	Pool	Yukiko
	17:45 - 18:30	Burlexercise	Studio	Margo
	18:30 - 19:30	Bounce	Studio	Simona
	19:30 - 20:30	Yoga	Studio	Myra

<b><u>Thursday</u></b>	06:45 - 07:30	Body Balance	Studio	Margo
	09:30 - 10:30	Aqua Aerobics	Pool	Rakhi
	09:30 - 10:30	Burlexercise	Studio	Margo
	11:00 - 12:00	Body Conditioning	Studio	Yukiko
	12:00 - 13:00	Zumba	Studio	Simona
	18:15 - 19:00	Body Combat	Studio	Margo
	19:00 - 20:00	Pilates	Studio	Adrienn
	19:15 - 20:00	Spin	Spin Studio	Mike

<b><u>Friday</u></b>	10:00 - 11:00	Bolly/Bhangra	Studio	Yasmin
	11:15 - 12:15	Body pump	Studio	Margo
	12:15 - 13:00	Body Balance	Studio	Margo
	15:45 - 18:00	Zumba	Studio	Simona
	18:00 - 18:45	Zumba	Studio	Simona
	18:45 - 19:30	Pound	Studio	Simona
	19:30 - 20:30	Yoga	Studio	Myra

<b><u>Saturday</u></b>	08:30 - 09:30	Learn to swim	Pool	Stefania
	08:45 - 09:45	Yoga	Studio	Kriti
	10:00 - 11:00	Deepwork	Studio	Adrienn
	11:00 - 12:00	BodyArt	Studio	Adrienn

<b><u>Sunday</u></b>	09:00 - 10:00	Yoga	Studio	Myra
	10:30 - 11:30	Bolly/Bhangra	Studio	Yasmin

**\*\*Please Note:** Refrain from using the studio & pool facilities during the class hours

Gold's Gym Opening Hours:  
 Mon-Fri 06:30am - 10:30pm (Last entry at 09:30pm)  
 Sat-Sun 07:00am - 09:00pm (Last Entry at 08:00pm)

Children Pool times 09:30am - 11:30am & 03:00pm - 05:30pm

Time Table from 1<sup>st</sup> May 2017  
 Studio Timetable Classes Are Subject To Change  
 Please call 0208 5721414 to confirm class availability and times  
 All classes must be booked online