WRC Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.00-09.00 1:1 or Small Group PT BZ		08.00-09.00 1:1 or Small Group PT BZ		08.00-09.00 1:1 or Small Group PT BZ	
09.15-10.15 Be Strong (Intermediate) BZ		09.00-10.00 1:1 or Small Group PT BZ		09.00-10.00 Strength & Power (Intermediate) BZ	9.15-10.15 Strength & Power (Intermediate) BZ
10.15-11.15 Be Strong (Improvers) BZ		10.00-11.00 Be Strong BZ		10.00-11.00 1:1 or Small Group PT BZ	10.15 -11.15 Boxercise (All Levels) BZ/KT
11.15-12.15 Be Strong (Beginners) BZ	11.15am-12.15 Pilates (All Levels) KT	11.15 -12.15 1:1 or Small Group PT BZ		11.15-12:15 Whole Body Wellness BZ	11.15-12.15 Strength & Power (Intermediate) BZ/KT
12.30-13.30 1:1 or Small Group PT BZ	12.30-13.30 Postnatal Pilates KT	12.15-13.15 1:1 or Small Group PT BZ		12.30-13.30 Pilates (All Levels) KT	
				14.00-15.00 1:1 or Small Group PT BZ	
	15.00-16.00 1:1 or Small Group PT BZ		15.00-16.00 1:1 or Small Group PT BZ	15.00-16.00 1:1 or Small Group PT BZ	
	16.00-17.00 1:1 or Small Group PT BZ		16.00-17.00 1:1 or Small Group PT BZ	16.00-17.00 1:1 or Small Group PT BZ	
	17.00-18.00 Boxercise (All Levels) BZ	17.00-18.00 Pilates (All Levels) KT	17.00-18.00 Be Strong (Beginners) BZ		
18.00-19.00 Foundation Yoga (Beginners) LP	18.00-19.00 Strength & Power(Intermediate) BZ	18.00-19.00 Pregnancy Pilates EG	6pm-7pm Be Strong (Intermediate) BZ		
19.00-20.00 Dynamic Vinyasa (Intermediate) LP	19.00-20.00 1:1 or Small Group PT BZ	19.00-20.00 Pilates (All Levels) KT	19.00-20.00 1:1 or small group PT BZ		