

## The Ilkley Fitness Centre Zoom Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM							
8:30AM							
9:00AM						<b>Body Pump</b> 8:30AM-9:30AM	
9:30AM	<b>Body Pump</b> 9:30AM-10:30AM		<b>Body Pump</b> 9:30AM-10:30AM	<b>Pilates</b> 9:30AM-10:30AM	<b>Pilates</b> 9:30AM-10:30AM	<b>Pilates</b> 9:30AM-10:30AM	
10:00AM							
10:30AM	<b>Pilates</b> 10:30AM-11:30AM		<b>Pilates</b> 10:30AM-11:30AM	<b>Adult Ballet</b> 10:30AM-11:30AM	<b>Fat Burner</b> 10:30AM-11:30AM		
11:00AM							
11:30AM							
12:00PM							
12:30PM							
1:00PM							
1:30PM							
2:00PM							
2:30PM							
3:00PM							
3:30PM							
4:00PM							
4:30PM							
5:00PM							
5:30PM		<b>Barre Fitness</b> 5:15PM-6:00PM					
6:00PM							
6:30PM		<b>Awesome Abs</b> 6:15PM-7:00PM					
7:00PM	<b>Pilates</b> 6:30PM-7:30PM		<b>Pilates</b> 6:30PM-7:30PM	<b>Pilates</b> 6:30PM-7:30PM	<b>Pilates</b> 6:30PM-7:30PM		
7:30PM							
8:00PM				<b>Body Pump</b> 7:30PM-8:30PM			
8:30PM							
9:00PM							