

Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
G N Z I N N E G N Z I N N E	6.45-7.30 Spin & Core Stephen				6.45-7.30 Spin Stephen			
	9.30-10.15 Spin for beginners Tracey		9.30-10.30 Pilates Grainne	9.15-9.45 Beginner Spin Debbie	9.30-10.30 Morning Club Alison	9.00 – 9.45 Spin Colin	Blisters walking club.. Well done to those who completed the marathon.	
	9.30-10.30 Morning Club Alison	09.30-10.30 Spin & Core Debbie	9.30-10.30 Morning Club Alison	10.00 – 11.00 Spin & Tone circuit Debbie	10.00-10.45 Variation Spin Debbie	10.00-12.00 Fit Kids Club 9.30 registration		
	10.30-11.15 Beginners Pilates 8 week Course Tracey	10.30 -11.15 STOTT Pilates Jenny		10.00-11.30 Yoga Jane	11.00–12.00 Intermediate Pilates. 8 week course Tracey	Jenny & Team	12.30-1.30 Cardio Box Jonathon	
		11.30-13.00 Yoga Grainne		11.45-12.45 Pilates Tracey				
	11.00 – 12.00 Actively Ageing Alison					12.45-1.15 Circuit Blast Jenny / Claire	12.30-13.30 STOTT Pilates Jenny	13.45-14.45 Kettle Bells With Jonathon
	12.45 – 1.15 Kinesis Circuit JR/ JW/ CC		1.30-2.30 50+Club Alison			13.00-13.45 Spin Debbie	BOOT CAMP Thurs 3rd June 5 weeks of Torture Be Afraid!!	
	15.45-17.30 Ulster Scots Dancing	2.15 - 3.15 Schools programme	2.15 - 3.15 Schools programme			14.00– 15.00 Kettle bells With Jonathon.		
	17.00 – 17.30 Beginners Spin With Debbie							
	17.45 - 18.30 Spin Debbie	17.45-18.30 Spin & Core Alison	18.00-19.00 Body Conditioning Annie	2 separate classes 17.00 – 18.30 Kids Hip-Hop Dance Laura See reception	17.45-18.15 Beginners Spin 8 week course			
	18.30 – 19.15 Spin Jenny	18.15-19.20 SAQ Circuits Jenny / Kris	17.45 -18.30sc Performance Spin Claire			18.30 – 19.30 Kinesis Circuit Class Jenny	<p>Where is my class?</p> <ul style="list-style-type: none"> Spin Studio Amplio Studio Arena Kinesis Suite Ask a member of staff Concordia <p>All Classes are free to members. Non Members also very welcome. Please book in advance to avoid disappointment.</p> <p><i>Please be aware classes will start promptly and you may not be allowed entry if you are late.</i></p>	
	18.30 Running Club Claire ** All Abilities	19.30 – 20.00 Kinesis core & Abs blast	19.00-19.45 Spin Claire	18.30 – 19.30 Kinesis Circuit Class Jenny	18.30 -19.15 Spin Annie			
	18.30 - 19.30 Total body workout Andrea	18.45-19.30 Pilates Andrea	19.00-20.00 Circuits Bobby					
	19.30– 20.15 Spin Bobby	19.45 - 20.30 Pilates Andrea	19.00-19.45 STOTT Pilates Jenny	19.00-20.00 Pilates 8 week course Andrea	<i>Sign Up for Boot Camp</i>			
	19.30-20.30 Kinesis Circuit Class							
	19.45 - 20.30 Pump it Up Andrea	20.45 - 21.30 Pump it Up Andrea	20.00 – 21.30 Yoga Jane	19.45 – 20.15 Kinesis Core & Ab Blast Jenny	<i>See Jonathan Or Kris</i>			
20.30- 21.15 Spin Bobby		20.00-20.45 Spin Jenny	20.15- 21.15 20,20,20 Andrea	Get In Shape				
20.45 - 21.30 Pilates Andrea								