

# WINNERS 2000 TIMETABLE

PAIGNTON GYM

01803 524 553

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spinning Debbie Sayce 6:30am- 7:15am		Met-Con & Strech Leanne Smith 6:30- 7:30am	Spinning 6:30- 7:15am Hannah Broughton	Met-Con Clare Williams 6:30-7:00am	Pilates 09:30- 10:30am Debbie Sayce
HITT Max Prestwood 6:00- 7:00pm	Mobility Karl Webber 6:00-6:30pm	Wodbox Clare Williams 6:00-7:00pm £4 Per Session	Zumba Leanne Smith 6:00- 7:00pm	Stretch Clare Williams 7:00- 7:30am	
Vinyasa Yoga Violete Chorley 7:00- 8:00pm	Total Body Conditioning Leanne Smith 7:00- 8:00pm	Functional Fitness Clare Williams 7:00pm	Total Body Conditioning Leanne Smith 7:00- 8:00pm		
		HOT YOGA Carol Snape @The Yoga Body 8:00pm £8 Per Session	Bootcamp Micheal Meech 7:00 - 8:00pm		

Please Note: Classes Must be Prebooked for HOT YOGA please book at [www.yogabody.co.uk](http://www.yogabody.co.uk)

# WINNERS 2000 TIMETABLE

TORQUAY GYM

01803 327 561

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power Box Ellie Dyke 6:30-7:15am £5 Non Members	Moves to Music 09:30- 10:30am Mary: 07594442751 Faye £5 Per Session	Total Body Conditioning 9:00-10:00am £6 Karen Boogie Shoes :316980		Vinyasa Yoga @TheYogaBody (Prebook) 06:30-07:30am	Circuits Shane Broadway 8:00-8:45am
Total Body Conditioning 9:00-10:00am £6 Karen Boogie Shoes :316980					Junior Karate Dave Owen 10:00- 11:00am
Zumba Sacha Penn 6:15- 7:15pm	Total Body Conditioning Hannah Bryant 6:15- 7:15pm	Junior Shotokan Karate Dave Owen 6:00pm- 7:00pm	Circuits Shane Broadway 6:15- 7:00pm	Crosstraining/ Circuits Dave Owen £5 6:00pm- 7:00pm	Adults Karate Dave Owen 11.15- 12.15pm
Fighting/ Fit Circuits Dave Owen £5 Per Session 7:30- 8:45pm	Adults Shotokan Karate Dave Owen 7:30- 9:00pm	Core Strength/ Circuits Dave Owen £5 7:30pm- 8:45pm	Adults Shotokan Karate Dave Owen 7:30- 9:00pm	Strong By Zumba Mel Lavendar 7:15-8:15pm Starts again in September	SUNDAY Kettlebells & Conditioning Dave Owen £5 9:30- 10:30am

Please Note: Classes are free to members and to non members £4  
Private Payable/Bookable class Apply to some classes  
Classes must be prebooked for Yoga with @theyogabody- Go to [www.yogabody.co.uk](http://www.yogabody.co.uk) to book

# WINNERS 2000 TIMETABLE

NEWTON ABBOT GYM

01626 331 224

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ladies Boxfit 9:20am With Jack £4 Members £5 Non	Tabata Lloyd 7:00- 7:30am	Tabata Claire 7:00- 7:30am	Total Body Conditioning Louise 9:15-10:00am		Circuits 9:30-10:15am
Yoga With Claire 10:30- 12am Book only £8 Per Session	Total Body Conditioning Louise 9:15-10:00am	Circuits James 6:00-7:00pm	Circuits 6:00-7:00pm		Saints Southwest (SSW) Soccer Tots 2-4yr olds £3.50 per session 9:00-9:45am
Kids Karate 6:00-7:00pm £5 Per Session	Kettlercise Sophie 6:10- 7:10pm	Bounce & Burn Faye £5 6:00-6:45pm	Kids Karate 6:00-7:00pm £5 Per Session	Yoga & Fitball Andy 6:00-7:00pm	Saints Southwest (SSW) Mini Soccer Saints 4-6 yrs old (£4 per session) 10:00-11:00am
Boxfit 7:00pm with Jack £5 Non Members	Bounce & Burn Faye £5 Per Session 6:00- 6:45pm	Kettlercise Sophie 7:00-8:00pm	Strong By Zumba Mel 7:00- 8:00pm Starts again in September	Ab Blast 5:30-6:00pm £4 Non Members	
Kettlercise Sophie 6:30- 7:30pm	Booty Building & Bingo Wings Georgia 7:00- 8:00pm	Legs, Bums & Tums Georgia 7:00- 8:00pm			

Please note: SSW and Yoga are BOOK ONLY- To Book Saints Southwest (SSW) email: [info@saintssouthwest.co.uk](mailto:info@saintssouthwest.co.uk) or call 01803 206350  
To Book MONDAY Yoga email [claire@claireparkeryoga.co.uk](mailto:claire@claireparkeryoga.co.uk) or call 07577951781