

WINNERS 2000 TIMETABLE



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PAIGNTON GYM TIMETABLE -01803 524553

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Met-Con & Stretch Leanne Smith 6.30-7.30am		Met-Con Claire Williams 6:30-7:00am	Pilates 09:30- 10:30am Debbie Sayce
	Mobility Karl Webber 6.00pm -6.30pm		Zumba Leanne Smith 6:00-7:00pm	Stretch Claire williams 7:00-7:30am	
Hitt Max Prestwood 6.00pm – 7.00pm	Total Body Conditioning Leanne Smith 7.00- 8.00pm	Functional Fitness Clare Williams 7.00pm	Total Body Conditioning Leanne Smith 7.00- 8.00pm		
Vinyasa Yoga Violeta Chorley 7.00pm- 8.00pm					

Please note: Classes must be Prebook for HOT YOGA- [Click here to book](#) The class is £8 per Session

NEWTON ABBOT GYM TIMETABLE- 01626 331224

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The AB-solute Workout” 7am – 7.30am</p>	<p>Tabata Lloyd 7:00-7:30am</p>	<p>Tabata Lauren 6:30-7:00am</p>	<p>Total body conditioning Louise 9.15-10.00am</p>		<p>Circuits 9:30-10:15am</p>
<p>Yoga With Claire 10:30-12am £8 per session, BOOK ONLY</p>	<p>Total body conditioning Louise 9.15-10.00am</p>	<p>Circuits James 6:00- 7:00pm</p>	<p>Circuits 6:00-7.00pm</p>		
<p>Kids Karate 6-7pm (£5 per session)</p>	<p>Kettlercise Sophie 6.10- 7.10pm</p>	<p>Bounce & Burn Faye £5.00 6:00-6:45</p>	<p>Kids Karate 6-7pm (£5 per session)</p>	<p>Yoga + Fitball Andy 6.00pm- 7.00pm</p>	
<p>Boxfit 7.00pm with Darren £5 Non Members</p>	<p>Bounce & Burn Faye £5.00 6:00-6:45pm</p>	<p>Kettlercise Sophie 7:00-8:00pm</p>		<p>Ab Blast 5:30-6:00pm £4 Non Members</p>	
<p>Kettlercise Sophie 6:30 -7.30pm</p>					

TORQUAY GYM TIMETABLE- 01803 327561

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pads + Abs Liam Power 6.15-8am	Moves to Music 9.30-10.30 £5 Mary: 07594442751 Faye £5 Per Session	Total Body Conditioning 9-10am £6 Karen Boogie Shoes :316980			Pads+Abs Liam Power 7.15-8.00am
HIIT! Ellie Dyke 5:30pm- 6:00pm	Pads+Abs Shane Broadway 5.15pm- 6pm	HIIT! Warren Hogg 4.30pm-5.00pm	Total Body Conditioning Hannah Bryant 5.15pm-6.00pm	HIIT! George Mills 6.15pm-6.45pm	Junior Karate Dave Owen 10am- 11am
Zumba Sacha Penn 6.15pm- 7.15pm	Total Body Conditioning Hannah Bryant 6.150pm- 7.15pm	Junior Shotokan Karate Dave Owen 6.00pm-7.00pm	Circuits Shane Broadway 6:15pm-7:15pm	Crosstraining/ Circuits Dave Owen £5 6.00pm- 7.00pm	Adults Karate Dave Owen 11.15am- 12.15pm
Fighting Fit/Circuits Dave Owen £5 per session 7:30-8:45pm	Adults Shotokan Karate Dave Owen 7.30pm-9.00pm	Core Strength/Cirsuits Dave Owen £5 7.30pm-8.45pm	Adults Shotokan Karate Dave Owen 7.30pm- 9.00pm	Strong By Zumba Mel Lavender 7:15-8:15pm	SUNDAY Kettlebells & Conditioning Dave Owen £5 per session 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 Prebook for YOGA with @Theyogabody [Click here to book](#)