



Active4Less Havant Studio Timetable

<b>Monday</b>			
09:45 - 10:45	Circuit	All Levels	Main Studio
12:00 - 13:00	Hula Hooping	All	Main Studio
12:00 - 13:00	Dance Fusion	All	Main Studio
12:00 - 13:00	Dance Fusion	All	Main Studio
12:00 - 13:00	Active Circuit	All	Main Studio
12:00 - 13:00	Active Circuit	All	Main Studio
12:00 - 13:00	Boxing Circuit	All	Main Studio
12:00 - 13:00	Boxing Circuit	All	Main Studio
12:00 - 13:00	Spin	All	Spin Studio
12:00 - 13:00	Legs, Bums and Tums Circuit	All	Main Studio
12:00 - 13:00	Hour of Power	All Levels	Studio
12:00 - 13:00	Hula Hooping	All	Main Studio
17:30 - 18:15	Spinning (NEW)	All Levels	Spin Studio
18:30 - 19:15	Spinning (NEW)	All Levels	Spin Studio
19:00 - 20:00	Boxercise	All	Main Studio
19:15 - 20:15	Pilates	All Levels	Main Studio
<b>Tuesday</b>			
10:15 - 11:00	Spinning	All Levels	Spin Studio
12:00 - 13:00	Ladies Only Active Circuit	All	Main Studio
12:00 - 13:00	Spinning / Indoor Cycling	All	Spin Studio
12:00 - 13:00	Easy Active	All	Main Studio
12:00 - 13:00	Easy Active	All	Main Studio
12:00 - 13:00	Flex & Stretch	All	Main Studio
17:30 - 18:15	Spinning	All Levels	Spin Studio
18:00 - 19:00	Circuit	Int / Adv	Main Studio
19:00 - 20:00	Combat (NEW)	All Levels	Main Studio
<b>Wednesday</b>			
06:45 - 07:30	Spinning	All Levels	Spin Studio
10:00 - 11:00	Body Conditioning (NEW)	All Levels	Main Studio
12:00 - 13:00	Spinning / Indoor Cycling	All Levels	Spin Studio
12:00 - 13:00	Ladies Boxercise	All	Main Studio
17:30 - 18:00	Express Pilates (NEW)	All Levels	Main Studio
18:00 - 19:00	Body Conditioning	All Levels	Main Studio
18:15 - 19:00	Spinning	All Levels	Spin Studio
19:15 - 20:15	Pump *	All Levels	Main Studio
<b>Thursday</b>			
10:00 - 10:40	Kettle and Abs	All Levels	Main Studio
12:00 - 13:00	Ladies Boxercise	All	Main Studio
18:00 - 19:00	Boxercise *	All Levels	Main Studio
19:00 - 20:00	Zumba (NEW)	All Levels	Main Studio
19:15 - 20:00	Spinning	All Levels	Spin Studio
<b>Friday</b>			
10:00 - 11:00	Combat	All Levels	Main Studio
17:00 - 17:40	Kettle and Abs	All Levels	Main Studio
18:00 - 18:45	Spinning	All Levels	Spin Studio
<b>Saturday</b>			
08:15 - 09:00	Spinning	All Levels	Spin Studio

09:15 - 10:15	Pump *	All Levels	Main Studio
<b>Sunday</b>			
10:30 - 11:30	Boxing Circuit	All Levels	Main Studio
16:00 - 16:45	Spinning	All Levels	Spin Studio

\* There may be a charge for this class  
 Studio timetable for Active4Less Gym & Fitness Club, Havant - 023 92 499 522  
 22nd July, 2017  
<http://havant.active4less.com/>