

Better, Newcastle Trampoline Park and Gym Timetable from 3rd December 2018

	TIME	ACTIVITY	LEVEL	INSTRUCTOR	LOCATION
MONDAY	7.15-7.50	Cycle - Hit the Road	Everyone	Virtual	Studio
	8.30-9.00	Stretch and Relax	Beginner	Virtual	Studio
	9.30-9.55	Bodyweight Workout	Everyone	Virtual	Studio
	10.30-11.00	Cardio Basics 1	Beginner	Virtual	Studio
	12.15-12.45	Indoor Cycle	All	Milly	Cycle Studio
	13.00-16.00	Your time to choose?	All	Virtual	Studio
	16.00-16.30	Interval Blast	Everyone	Virtual	Studio
	17.00-17.45	Power Pump	All	Milly	Studio
	17:15-18:00	Indoor Cycle	All	Peter	Cycle Studio
	18:15-19:00	Circuits	All	Peter	Studio
	18:00-19:00	Extreme Air	All	Milly	Tramp Park
19.00-20.00	Pilates	All	Richard	Studio	
20.00-21.00	Pilates	All	Richard	Studio	

TUESDAY	7.30-8.00	Box Pliyo	Everyone	Virtual	Studio
	8.30-9.00	Cycle - Sprint to the Summit	Intermediate	Virtual	Studio
	11.00-12.00	Progression	GP referred	Khaled	Studio
	16.30-17.00	Woman Only Workout	All	Milly	Studio
	17:30-18:15	Indoor Cycle	All	Milly	Cycle Studio
	18:30-19:15	Power Pump	All	Milly	Studio
	19:45-20.45	Stretch and Relax	Beginner	Virtual	Studio

WEDNESDAY	7.15-7.45	Cycle - French Pyrenees	Everyone	Virtual	Studio
	8.00-8.25	Bodyweight Workout	Everyone	Virtual	Studio
	10.00-10.45	Active Life	50+	Khaled	Studio
	12.15-12.40	Tabata #1	Everyone	Virtual	Studio
	13.00-16.00	Your time to choose?	All	Virtual	Studio
	17.15-18.00	Indoor Cycle	All	Richard	Cycle Studio
	18.00-19.00	Boxercise	All	Richard	Studio
19.00-20.00	Pilates	All	Richard	Studio	

THURSDAY	7.15-7.45	Cardio Kickboxing and Core	Everyone	Virtual	Studio
	8.15-8.45	Yoga for Flexibility	Beginner	Virtual	Studio
	9.15-9.30	Boxing Circuit	Everyone	Virtual	Studio
	11.00-12.00	Progression	GP referred	Lisa	Studio
	13:00-13:30	Indoor Cycle	All	Lisa	Cycle Studio
	17:15-18:00	Indoor Cycle	All	Milly	Cycle Studio
	18.30-19.00	Woman Only Workout	All	Milly	Studio
	19:00-20:00	20/20/20	All	Barbara	Studio

FRIDAY	7.15-7.45	Cycle - Kielder Forest	Everyone	Virtual	Studio
	8.00-8.10	10 minute HITT Fate burning Workout	Everyone	Virtual	Studio
	9.15-9.45	Insanity Max 30 - Friday Fight	Everyone	Virtual	Studio
	12.30-1.00	Boxfit	All	Lisa	Studio
	1.00-4.00	Your time to choose?	All	Virtual	Studio
	4.00-4.30	Yoga for Flexibility	Beginner	Virtual	Studio
	17.30-18.15	Indoor Cycle	All	Peter	Cycle Studio
	18.30-19:15	Indoor Cycle	All	Peter	Cycle Studio
	17.30-17.50	Strength Basics	Beginner	Virtual	Studio
	18.15-18.45	Bodyweight Workout	Everyone	Virtual	Studio
19.00-19.30	Zumba Blitz	Everyone	Virtual	Studio	

SAT	9.15-9.45	Interval Blast	Everyone	Virtual	Studio
	10.15-11.00	Indoor Cycle	All	Milly	Cycle Studio
	11.15-11.45	Box Fit	All	Milly	Studio
	14.00-14.30	Pilates/Yoga Fusion	Beginner	Virtual	Studio
	15.30-15.55	Core Challenge	Everyone	Virtual	Studio

SUN	9.30-9.50	Cardio HIIT Calorie Blaster	Everyone	Virtual	Studio
	11.00-11.30	Cycle - Lake District	Everyone	Virtual	Studio
	14.00-14.45	Cycle - Race Across America	Intermediate	Virtual	Studio
	15.30-16.00	Blast from the past	Everyone	Virtual	Studio