

THE SERENITY SPA FITNESS STUDIO TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 - 11:00AM PUSH IT ANN		10:00 - 11:00AM WEIGHT CIRCUIT ZANDRA		10:00-10:45AM ZUMBA SHARON	10:00 - 11:00AM CIRCUITS GYM TEAM
11:00-12:00PM PILATES ANN	11:00-12:00PM SEAHAM CIRCUITS GYM TEAM	10:30-12:00PM IYENGA YOGA GORDON		11:00-12:00PM LEGS BUMS TUMS GYM TEAM	10:45-11:30AM PILATES SHARON	
			1:30-2:00PM CORE STABILITY GYM TEAM	1:30-2:15PM ZUMBA REBECCA	1:30-2:00PM UPPER BODY BLAST GYM TEAM	1:30-2:00PM AB BLAST GYM TEAM
5:30-6:30PM FAT BURN CIRCUITS ALEX		5:30-6:30PM PUSH IT JIMMY	5:30-6:30PM BODY SCULPT CIRCUIT GRAHAM	5:30-6:30PM BOXING CIRCUITS GYM TEAM		
6:30-7:30PM PUSH IT ANN	6:30-7:15PM ZUMBA SHARON	6:30-7:30PM BODY TONE CIRCUIT KYLE	6:30-7:15PM ZUMBA REBECCA			
7:30-9:00PM YOGA LIZ	7:15-8:05PM PILATES SHARON		7:30-9:00PM IYENGA YOGA LAURIE			

HIGH INTENSITY
 MEDIUM INTENSITY
 LOWER INTENSITY

Subject To Change
 ref Availability Call 0191 516 1578 To Confirm Timings

SEAHAM HALL AND THE SERENITY SPA