

# Class Timetable - Spring 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	6:45 - 7:00 Gym Floor <b>ABS JUBILEE</b> FIT team	7:30 - 8:30 Studio 1 <b>BOXING</b> Graham (£)	6:45 - 7:00 Gym Floor <b>ABS JUBILEE</b> FIT team	7:30 - 8:30 Studio 1 <b>BOXING</b> Graham (£)	9:15 - 10:00 Studio 1 <b>+60'S ACTIVE JUBILEE</b> Castro	11:00 - 13:00 Studio 2 <b>KIDS KARATE</b> Trish (£)	11:30 - 12:30 Studio 2 <b>VINYASA YOGA</b> Lauren
		7:15 - 8:15 Studio 2 <b>BOOT CAMP</b> Neil (£)		7:15 - 8:15 Studio 2 <b>BOOT CAMP</b> Neil (£)		11:00 - 12:00 Studio 1 <b>BOOT CAMP</b> Neil (£)	
<b>Afternoon</b>	12:30 - 13:15 Studio 1 <b>SWISS BALL WORKOUT</b> Chrissie	12:30 - 13:15 Studio 1 <b>CIRCUIT JUBILEE</b> Erykson	12:30 - 13:15 Spin Studio <b>SPIN</b> Chrissie	13:00 - 13:45 Studio 1 <b>BODYWEIGHT INSANITY</b> NEW! Matt	12:30 - 13:15 Spin Studio <b>SPIN</b> Simon F	12:15 - 13:00 Studio 1 <b>ZUMBA</b> Nicola (£)	13:00 - 14:30 Studio 2 <b>WING CHUN KUNG FU</b> Leo (£)
	13:15 - 14:00 Spin Studio <b>SPIN</b> Chrissie		13:15 - 14:00 Studio 1 <b>AEROBICS &amp; TONE</b> Chrissie	13:30 - 14:30 Studio 2 <b>FITNESS YOGA</b> Michael	13:15 - 14:00 Studio 1 <b>SHOCK &amp; AWE</b> Jason	12:45 - 13:00 Gym Floor <b>ABS JUBILEE</b> FIT Team	13:30 - 14:15 Spin Studio <b>SPIN</b> Trevor
	16:00 - 17:00 Studio 2 <b>LINE DANCING</b> Elaine		14:00 - 15:00 Studio 2 <b>VINYASA YOGA</b> Kelly	16:15 - 17:45 Studio 2 <b>KIDS KARATE</b> Trish (£)		13:00 - 16:30 Studio 2 <b>FLAMENCO</b> Angela (£)	14:45 - 15:00 Gym Floor <b>ABS JUBILEE</b> FIT Team
<b>Evening</b>	18:00 - 19:00 Studio 1 <b>BOOT CAMP</b> Neil (£)	17:45 - 18:45 Studio 2 <b>HATHA YOGA</b> Simon B.	17:15 - 18:00 Studio 2 NEW! <b>BOOT CAMP</b> Neil	18:00 - 19:00 Studio 2 NEW! <b>BODYWEIGHT INSANITY</b> Matt	17:30 - 18:30 Studio 1 <b>BOOT CAMP</b> Neil (£)		
	18:00 - 18:45 Spin Studio <b>SPIN</b> Simon M.	18:00 - 19:15 Studio 1 <b>BOXING</b> Graham (£)	17:30 - 19:00 Studio 1 <b>KRAV MAGA</b> Stewart (£)	18:15 - 19:00 Studio 1 <b>BODY SCULPT</b> Chrissie	18:00 - 18:45 Spin Studio <b>SPIN</b> Roger		
	18:30 - 19:30 Studio 2 <b>PILATES</b> Monica	18:00 - 18:45 Spin Studio <b>SPIN</b> Simon F.	18:00 - 19:00 Studio 2 <b>VINYASA YOGA</b> Lauren	18:45 - 19:00 Gym Floor <b>ABS JUBILEE</b> FIT Team	18:45 - 19:00 Gym Floor <b>ABS JUBILEE</b> FIT Team		
	18:45 - 19:00 Gym Floor <b>ABS JUBILEE</b> FIT Team	18:45 - 19:00 Gym Floor <b>ABS JUBILEE</b> FIT Team	18:00 - 18:45 Spin Studio <b>SPIN</b> Diana	19:00 - 19:45 Spin Studio <b>SPIN</b> Trevor			
	19:00 - 20:00 Studio 1 <b>SHOCK &amp; AWE</b> Jason	18:45 - 19:30 Studio 2 NEW! <b>ZUMBA</b> Elaine	18:45 - 19:00 Gym Floor <b>ABS JUBILEE</b> FIT Team	19:00 - 20:00 Studio 1 <b>BOXING</b> Graham (£)			
19:30 - 21:00 Studio 2 <b>BURLESQUE</b> Sharon (£)	19:30 - 22:00 Studio 1 <b>TAI CHI</b> Dan (£)	19:00 - 20:00 Studio 1 <b>CIRCUIT</b> Chrissie	19:00 - 21:45 Studio 2 <b>FLAMENCO</b> Angela (£)				
20:00 - 21:45 Studio 1 <b>JU JITSU</b> Chris (£)	19:30 - 21:30 Studio 2 <b>KRAV MAGA</b> Stewart (£)	19:10 - 20:10 Studio 2 <b>BURLESQUE</b> Sharon (£) Booking required	21:00 - 21:00 Studio 1 <b>TAEKWONDO</b> Tony (£)				
		20:00 - 21:45 Studio 1 <b>JU JITSU</b> Chris (£)					

Classes are free for all members of Jubilee Hall and UK Fitness Network except those marked (£)

Non members may join classes.  
**Non-Member Class: £10.00**

(£) Private class: Additional cost for these classes; speak to a receptionist for more details.

(£) Private class: Members of Jubilee Hall can attend these classes for free.

Line Dancing on Monday; 4:00-5:00pm is open to the local community, FREE of charge.

Abs Jubilee classes are 15 minutes. These classes are located on the mats under the TV's in front of the CV equipment. These classes are run by our Gym Team.

Questions or Comments:  
[jubileehall@jubileehalltrust.org](mailto:jubileehall@jubileehalltrust.org); 020 7836 4007

Whilst every effort has been made to ensure the accuracy of this programme the management reserves the right to cancel or re-schedule classes after publication and at short notice.