

ODYSSEY KNEBWORTH

AUTUMN STUDIO TIMETABLE

Day	Class	Time	Instructor	Level	Day	Class	Time	Instructor	Level
Monday	Tri-Challenge	9.30 - 10.30am	Tracey	ALL	Thursday	Yoga	9.30 - 11.00am	Derek	ALL
	Salsacise	10.30 - 11.30am	Tom	ALL		Step	11.00 - 12.00pm	Richard	ALL
	Pump	11.30 - 12.30pm	Chrissy	ALL		Fitball	12.00 - 1.00pm	Richard	ALL
	Aquacise	11.45 - 12.30pm	Myra	ALL		Spinning	6.30 - 7.15pm	Julie M	ALL
	Pilates	12.30 - 1.30pm	Richard	ALL		Yoga	6.30 - 7.30pm	Derek	INTER
	Body Conditioning	6.00 - 7.00pm	Tracey	ALL		Spinning	7.30 - 8.30pm	Mark	ALL
	Aqua Fit	6.15 - 7.00pm	Linda	ALL		Pilates	7.30 - 8.30pm	Tracey	ALL
	Spinning	6.30 - 7.15pm	Mark	ALL		Friday	Legs, Bums & Tums	9.30 - 10.30am	Zanna
	Salsacise	7.00 - 8.00pm	Linda	ALL	Spinning		9.45 - 10.30am	Tracey	ALL
	Jeet Kune Do	7.00 - 9.00pm	Sunil	ALL	Over 50s Circuit		10.30-11.15am	Gym Team	ALL
	Over 50s Circuits	7.30 - 8.15pm	Gym Team	ALL	Aerobics		10.30 - 11.30am	Ruth	ALL
Spinning	7.30 - 8.30pm	Mark	ALL	Chi ball	11.30 - 12.30pm		Debbie	ALL	
Tuesday	Ladies Circuits	9.30 - 10.15am	Clare	ALL	Pilates		12.30 - 1.30pm	Zanna	COURSE
	Chi Ball	10.30 - 12.00pm	Debbie	ALL	Pilates	1.30 - 2.30pm	Zanna	INTER	
	Pilates	12.30 - 1.30pm	Richard	ALL	Saturday	Spinning	9.15 - 10.15am	Ian	ALL
	Yoga	5.30 - 6.30pm	Derek	ALL		Spinning	10.30 - 11.15am	Ian	ALL
	Aerobic Moves	6.30 - 7.30pm	Tony	ALL		Body Conditioning	10.30 - 11.30am	Tracey	ALL
	Spinning	7.30 - 8.30pm	Ian	ALL	Sunday	Body Conditioning	9.30 - 10.30am	Julie	ALL
	Circuits	7.30 - 8.30pm	Tony	ALL		Spinning	10.00 - 11.00am	Michelle	ALL
Wednesday	Spinning	7.00 - 7.45am	Kirsty	ALL		Aerobics	10.30 - 11.30am	Julie M	ALL
	Spinning	9.30 - 10.15am	Clare	ALL					
	Body Conditioning	10.15 - 11.15am	Linda	ALL					
	Core Stability & Stretch	11.15 - 12.15pm	Linda	ALL					
	Aquacise	12.30 - 1.15pm	Linda	ALL					
	Legs, Bums & Tums	6.00 - 7.00pm	Zanna	ALL					
	Spinning	7.00 - 7.45pm	Dan	ALL					
	Body Conditioning	7.00 - 8.00pm	Tracey	ALL					
Yoga	8.00 - 9.30pm	Val	ALL						

All classes are subject to change. Booking essential

Pilates Courses need to be booked

All classes can be booked 1 week in advance. Tel: 01438 313320

Please bring a water bottle and a sweat towel to all classes

Autumn Timetable

